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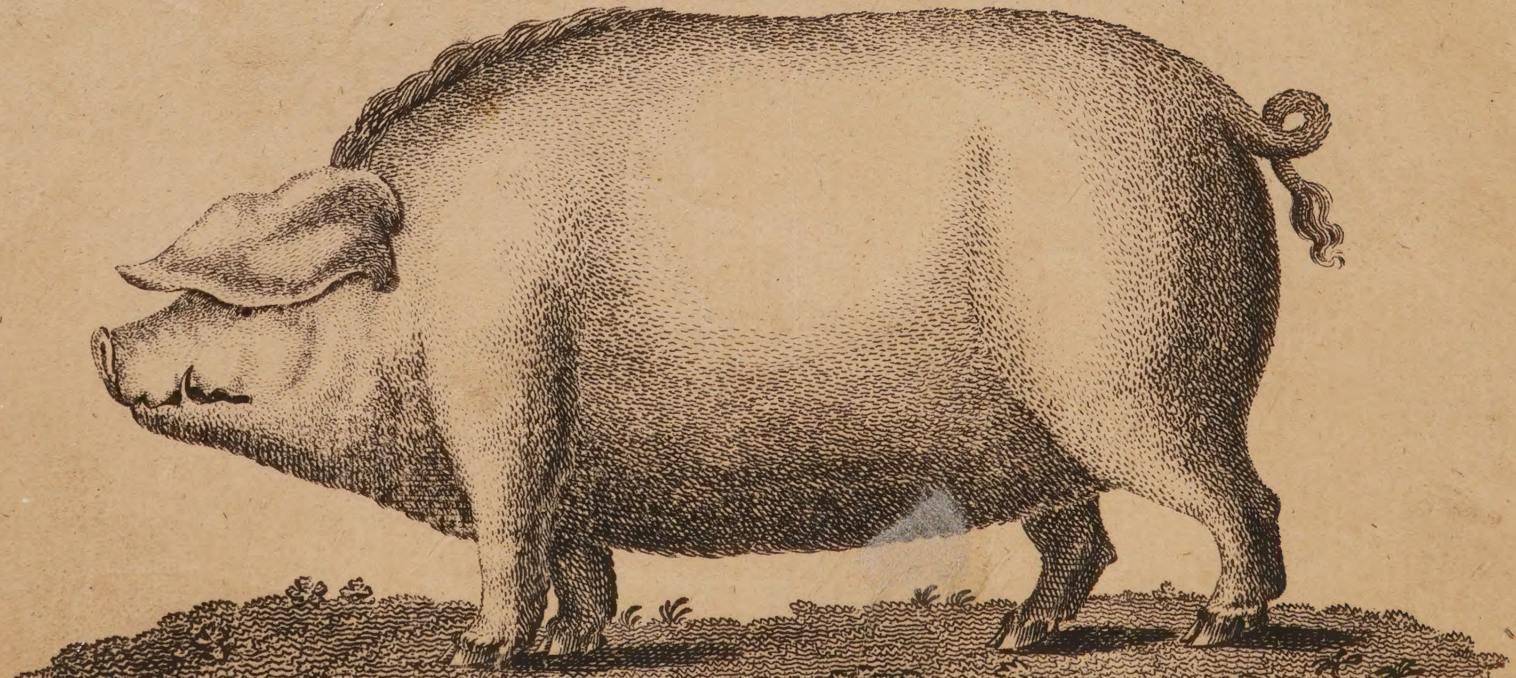

H. Cave Del. *Barker ſc York.*

CULINA

FAMULATRIX MEDICINÆ:

OR,

Receipts in Modern Cookery;

WITH

A MEDICAL COMMENTARY,

WRITTEN BY

IGNOTUS,

AND REVISED BY

A. HUNTER, M. D. F. R. S. L. & E.

Magister artis, Ingeniique largitor
Venter. .... PERSIUS.

THE FOURTH EDITION.

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1806.

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DEDICATION.

To those Gentlemen who freely give two Guineas for a Turtle Dinner at the Tavern, when they might have a more wholesome one at Home for ten Shillings, this Work is humbly dedicated by

IGNOTUS.

PREFACE.

THE art of Cookery boasts an origin coeval with the creation of man; but in its early stages we must suppose that it was directed only to the wants and necessities of mankind. In process of time, invention was employed in rendering animal and vegetable substances more inviting to the palate, with a view to add pleasure to the natural necessity of eating. And that this was the origin of refined Cookery cannot be questioned. Apicius seems to have cultivated the art with great assiduity; being in his own person a Gourmand of quality. There were three persons of that name, all lovers of good eating; but Cælius Apicius, who lived in the time of Tiberius, is the one who has left us the history of Roman Cookery.—Of this book, the best edition was printed in London, in the year 1705, with notes by Dr. Martin Lister, Physician to Queen Anne. It contains a variety of Sauces, as well as an account of the choicest Dishes served up at the tables of the Roman Nobility; but which, according to our notions of good eating, are no better than what may be seen in the kitchen of a Hottentot. I have consulted Homer, Aristophanes, Aristotle, Athenæus, &c. in order to obtain some knowledge of the Grecian Cookery, but have not been able to collect any thing worthy of notice beyond the Black Broth of Lacedæmon; which probably was the same as Sheep's-head Broth, well known and deservedly admired by the inhabitants of our sister kingdom; and long may it, and Roast Beef, be the pride and glory of this happy island. Dishes simple in themselves, and easily prepared, mark the manners and morality of a nation. When England discards Roast Beef, and Scotland ceases to pride herself on Sheep's-head Broth and Oatmeal Porridge, we may fairly conclude that the nations are about to change their manly and national characters. It may be objected to me, that I am endeavouring to accelerate this degeneracy; but, in truth, I have no such intention: My design is, to be of use to Gentlemen of the Medical Line, by laying before them a list of the most approved Dishes served up at the tables of the great; so that when a Physician happens to be called in to visit a sick Lord, an Earl, or a Duke, he may be able to prescribe *scientifically*, having obtained from me the analysis of a great man's mode of living. The celebrated Ramazini's Treatise on the diseases to which artizans are subject from their manner of working in their respective trades, first suggested to me the idea, that a similar attention to the DIET of certain classes of men would be of use to the medical practitioner. Unwilling, however, to appear as a professional Cook, I have occasionally treated the subject with a degree of levity: But at the same time, I wish to be understood as thinking it worthy of serious consideration.

I do not consider myself as hazarding any thing when I say, that no man can be a good physician who has not a competent knowledge of Cookery. And in this I am supported by every eminent physician, from Hippocrates down to Sydenham; all of whom were strenuous promoters of the practice named DIETETICS; in other words, "COOKERY."

Diodorus Siculus informs us that the first Kings of Ægypt had their whole diet regulated by the physician, and it is whimsical to remark that, with us, the word *curare* applies to a red herring as well as to a man.

In the reign of Edward the fourth, we find that the diet of the king was directed by the physician, and in the LIBER NIGER DOMUS REGIS EDW. IV. the duty of the physician is distinctly pointed out. The language, it is true, is obsolete, but the meaning is standard English.

" Docteure of Physique, stondeth much in the " King's presence at his meles, councelling or " answering to the King's Grace which Diet is " best according, and to tell the nature and operation of all the metes. And much he should " talke with the Steward, Chamberlayn, Assewer, " and the Maister Cook, to devise by counsayle " what metes or drinks is best according with " the King."

The wholesome practice of Dietetics is now so much neglected by the faculty, that few medical men can tell the difference between a Gofer and a Pancake. And as the Culinary Practice of the divine Hippocrates is likely soon to give way to a system of a different nature, under the agency of tobacco and foxglove, henbane and hemlock, arsenic, and other poisons, I have only to lament an occasion that must give my friend Archæus much uneasiness. In the warmth of resentment, he calls the system "Theoretical Folly;" a term to which I shall not object, till a better name can be found for it. Now is the time for Coroners to make their fortunes.

As a subordinate consideration to my design in this publication, I had in view the benefit that would arise to some future member of the Society of Antiquaries, who may be disposed to employ his time in tracing the progress of Cookery from the time of Apicius to his own day.

All the books of Cookery that I have perused, seem to be greatly deficient in the directions given for preparing the respective Dishes. A pennyworth of *this*, and a pinch of *that*, are vague expressions, and may prove the source of much doubt in the mind of some future Culinary Historian. Even at this day, the same dish cannot be prepared exactly alike by two different persons. A Book of Cookery should, as nearly as possible, resemble a College Dispensatory, where the quantities are correctly stated, in consequence of the bulk of the composition being previously determined upon; but in the Culinary Art, where the quantity contained in the dish cannot be ascertained, we are unavoidably left, in many cases, to depend on the taste and judgment of the Cook, into whose hands we commit the health of ourselves and posterity.

This work being a Collection of the most approved Culinary Receipts, without order or method, I flatter myself that the correct Housekeeper will not deem it the less worthy on that account. I have not made this Collection for the use of the ignorant Cook; I therefore wish the Receipts to be perused only by such as have made a considerable progress in the Culinary Art, and who may be desirous of knowing the alterations and improvements that are daily making by those who have a pride and interest in being considered as at the head of their profession.

I do not deny my intention of giving a pleasing gratification to those Gentlemen who unfortunately seem to live only for the "pleasure of eating;" but at the same time I hope to obtain some credit for making the Faculty better acquainted with that part of medicine which passes under the name of DIETETICS.

Some persons may consider me (being a medical man) as one who has stepped out of the line of his profession; but having good grounds for my conduct, I do not feel myself disposed to be of their opinion: On the contrary, I consider myself as having contributed to the advancement of my profession by a due mixture of the UTILE and DULCE.

I have not the vanity to suppose that every dish in this small volume will stand the criticism of professed Cooks; but in justification of my Selection, I beg leave to observe, that most of the receipts have been transmitted to me from persons of established reputation in the Culinary Art.

But before I dismiss this part of the subject that so immediately concerns myself, I beg leave to observe, that however well the dishes may be imagined, they must not be expected to suit every palate; for as Horace says,

> I have three Guests invited to a Feast,
> And all appear to have a different Taste.
> What shall I give them? What shall I refuse?
> What one dislikes, the other two shall choose:
> And e'en the very Dish you like the best,
> Is acid, or insipid to the rest.
>
> Ep. 2.

Throughout the whole of this Collection I have steadily adhered to the opinion of Archæus, for whom I entertain the greatest veneration, on account of his impartiality and judgment in all matters that concern the stomach; an organ, over which the ancients supposed that he held an uncontrolled dominion.

When we consider the delicacy of the internal structure of the stomach, and the high and essential consequence of its office, we may truly say, that in spite of the guardianship of Archæus, it is treated with too little tenderness and respect on our parts. The stomach is the chief organ of the human system, upon the state of which all the powers and feelings of the individual depend.

Qui Stomachum regem totius corporis esse contendunt, vera niti ratione videntur. .... *Serenus Sammonicus.*

The Stomach is the kitchen that prepares our discordant food, and which, after due maceration, it delivers over by a certain undulatory motion, to the intestines, where it receives a further concoction. Being now reduced into a white balmy fluid, it is sucked up by a set of small vessels, called Lacteals, and carried to the Thoracic duct. This duct runs up the back-bone and is in length about sixteen inches, but in diameter it hardly exceeds a crow quill. Through this small tube, the greatest part of what is taken in at the mouth passes, and when it has arrived at its greatest height, it is discharged into the left subclavian vein, when mixing with the general mass of blood, it becomes, very soon, blood itself.

A thousand other operations are carried on in the animal machine, but which it will be unnecessary to mention in this place, they being only secondary agents to the stomach and intestines

Were it possible for us to view through the skin and integuments, the mechanism of our bodies, after the manner of a watchmaker when he examines a watch, we should be struck with an awful astonishment! Were we to see the stomach and intestines busily employed in the concoction of our food by a certain undulatory motion; the heart working, day and night, like a forcing pump; the lungs blowing alternate blasts; the humours filtrating through innumerable strainers; together with an incomprehensible assemblage of tubes, valves, and currents, all actively and unceasingly employed in support of our existence, we could hardly be induced to stir from our places!

IGNOTUS.

CULINA

FAMULATRIX MEDICINÆ.

To melt Butter.

PUT a quarter of a pound of butter into a plated sauce-pan, with two tea-spoonfuls of cream. Shake the pan over a clear fire till the butter be completely melted. Take care to shake it only one way, and be careful not to put the sauce-pan upon the fire.

OBSERVATION.

SOME persons put a few spoonfuls of water with a little flour, instead of cream, but then the utmost care must be taken that the flour be uniformly mixed with the butter, as nothing is so unsightly as the appearance of the flour in lumps. The first method is by far the best. The mixture of water takes from the balsamic sweetness of the butter.

Beef Stock for Soups.

CUT lean beef into pieces. Put it into a stew-pan with a sufficient quantity of water to cover it. Set it on the fire, and when it boils skim the surface clean; then add a bunch of parsley, and thyme, some scraped carrots, leeks, onions, turnips, celery, and a little salt. Let the meat boil till it become tender. Then strain the stock through a fine hair sieve, and when cold take off the fat. Preserve for use.

OBS.

THE gravies here mentioned need no commentary, as they are only given to point out to medical men the basis of the soups, and high-seasoned dishes, with which they ought to be acquainted. Cooks conduct the process of extracting gravies in a variety of ways, but they all come to the same termination.

Veal Stock for Soups.

TAKE a knuckle of veal and some lean ham. Cut the meat into pieces, and put it into a stew-pan, with two quarts of water, some scraped carrots, turnips, onions, leeks, and celery. Stew the meat down till nearly tender, but do not permit it to be of colour. Add a sufficient quantity of beef stock, and boil all together one hour. Skim the soup free from fat, then strain, and preserve for use. Some game drawn down with the stock will add considerably to its goodness.

OBS.

THIS stock is directed not to be drawn down to a colour, as in its uncoloured state it will answer two purposes: first, for white soups; and secondly, it may be heightened to any colour by the addition of the liquid contrived for colouring sauces.

Beef Gravy.

TAKE four pounds of coarse beef, or any other quantity, and after notching it with a knife, put it into a stew-pan with some whole carrots and onions, but no water. Stew over a gentle fire for the space of half an hour, or, till all the gravy be drawn from the meat. Then add the required quantity of water, and continue the stewing for three or four hours longer. Strain off the meat, and preserve the gravy for such uses as it may be wanted for. When intended for soups, it will be well to put in part of a knuckle of veal, which will convert the gravy into a jelly.

OBS.

WHEN strained and suffered to cool, the fat must not be taken off, as it preserves the gravy. No cook can support the credit of her kitchen without having plenty of gravy at hand.

A strong Gravy, by some called Cullis.

TAKE slices of veal and ham; add celery, carrots, turnips, onions, a bunch of sweet herbs, some all-spice, mace, and a little lemon-peel. Put all those into a stew-pan, with some water, and draw them down to a-light brown colour, but be careful not to let them burn; then add beef stock; boil again, but gently, for a full half hour; skim clear from fat, and thicken with butter and flour. Boil some time longer, and season to the palate, with Cayenne pepper, lemon juice, and salt. Strain the whole through a proper cloth, or sieve, and add a little of the colouring liquid used for sauces.

A Colouring for Sauces.

PUT a quarter of a pound of lump sugar into a pan, and add to it half a gill of water, with half an ounce of butter. Set it over a gentle fire, stirring it with a wooden spoon till it appear burnt to a bright brown colour; then add some more water; when it boils, skim, and afterwards strain. Retain for use in a vessel closely covered.

A clear Brown Stock for Gravy Soups.

TAKE three quarts of veal stock, perfectly clear and free from fat. Add a small quantity of browning, so as to make the stock of a good brown colour. Season to the palate with Cayenne pepper and salt. Beat up the yolks of two eggs, and whisk them with some of the stock; then let it gently boil a few minutes, and strain through a proper cloth or sieve.

OBS.

THIS stock is intended for all kinds of brown soups.

A Giblet Soup.

SCALD a sufficient quantity of giblets, and cut them to pieces; then put them into a stew-pan with veal stock, and let them stew till sufficiently tender; then season as for real turtle. Strain off, and add egg yolks, and forced meat balls, with Madeira wine to the taste.

OBS.

THIS dish resembles turtle soup, and contains a considerable quantity of gout and scurvy; but it may be eat with safety if a meagre soup be now and then interposed. I was once so presumptive as to suppose that the seasoning might be weighed out after the manner directed by physicians in their prescriptions, but I soon found that my plan was too mechanical. I have, therefore, abandoned it, and now freely give to the cooks the exercise of their right in all matters that regard the kitchen.

An ingenious progenitor of mine, Dr. King, has well observed that

> The fundamental principal of all,
> Is what ingenious Cooks the *relish* call:
> For when the markets send in loads of food,
> They all are tasteless till *that* makes them good.
>
> Art of Cookery.

Marrow Bones.

CHOP, or rather saw, the bones at each end, so as to make them stand quite steady. Saw them in halves, and put a piece of paste into each; set them upright in water, and let them boil a sufficient time. Serve up the bones on toasted bread.

OBS.

THIS is an ingenious method of preserving the marrow, which is often lost when the bones are boiled in a horizontal position. This dish is not recommended for its elegance, and can only appear when things are served up in a family way. Do not permit the boiling water to come up higher than the paste.

Macaroni.

BOIL a quarter of a pound of macaroni in water and some beef stock, till it is made sufficiently tender. When drained, add a gill of cream, an ounce of butter, a few spoonfuls of gravy, a table spoonful of the essence of ham, three ounces of grated Parmesan cheese, and a little Cayenne pepper, and salt; mix over a fire for a few minutes; and when put into the dish, strew over it some grated Parmesan. Smooth with a knife, and brown with a salamander.

OBS.

MACARONI is certainly more wholesome in its simple state, than when much compounded. The cheese of this country, known by the name of "Trent Bank," is a good substitute for Parmesan.

A Meagre Soup.

TAKE a pound of butter, and put it into a stew-pan, with two coss lettuces, a large handful of the leaves of white beet, three stalks of celery, a little chervill and pot marjoram. To these add six anchovies boned and chopped; stew the whole gently about half an hour; add two quarts of boiling water, with two spoonfuls of flour; Cayenne pepper and salt to the taste. Boil a few minutes longer, then serve up hot.

OBS.

THIS dish is a good preservative against gout and scurvy, and is held in great estimation by those physicians who have a greater regard for the health of their patients, than they have for their fees.

Gravy for White Dishes.

TAKE a pound and a half of veal cut into thick slices; this will make a pint of gravy. Put the meat into a sauce-pan with a close cover; add a reasonable quantity of soft water, two onions, a head of celery, a few pepper corns, three blades of mace, three cloves, and a little lemon peel. Stew till all the goodness be got from the meat; then strain and preserve for use.

A Brown Gravy.

TAKE beef free from fat, and cut it into slices about an inch in thickness; lay them in a dripping pan, with small pieces of butter, and season with a little ground pepper and salt. Place the pan in a brisk oven, that will broil and not burn the meat. When half broiled, score the beef, and put it into a stew-pan, with two or three onions, some thyme, pot marjoram, a small bunch of chervill, a few pepper-corns, and two or three cloves; to these put boiling water according to the quantity of gravy wanted. A pound of beef will make a pint of gravy. Stew till all the goodness is drawn from the meat; then strain, having added to it the clean gravy that was left in the dripping pan. Preserve for use, but suffer the fat to remain on the top, as it preserves the gravy.

A Green Pease Soup.

TAKE six or eight cucumbers pared and sliced; the blanched part of the same number of coss lettuce, a sprig or two of mint, two or three onions, a little parsley, some pepper and salt, a full pint of young pease, and half a pound of butter. Put these ingredients into a stew-pan, and let them stew gently in their own liquor for an hour. Then have in readiness a quart of old pease, boiled tender. Pulp them through a cullender, and put to them two quarts of strong beef gravy, or more, as is liked for thickness. When the herbs and cucumbers are sufficiently stewed, mix, and after giving a boil, serve up the soup very hot.

OBS.

THIS soup may be compared to the Lotus mentioned by Homer, and applied to the Lotophagi,

——————which whoso tastes,
Insatiate riots in the sweet repasts.
POPE.

Hare Soup.

CUT a large hare into pieces, and put it into a stew-pan, with five quarts of water, one onion, a few corns of white pepper, a little salt, and some mace. Stew over a slow fire for two hours, or till it become a good gravy.

Then cut the meat from the back and legs, and keep it to put into the soup when nearly ready. Put the bones into the gravy, and stew till the remainder of the meat is nearly dissolved. Then strain off the gravy, and put to it two spoonfuls of soy, or three of mushroom, or walnut catchup. Cayenne pepper to the taste. To two quarts of gravy put half a pint of Madeira, or red wine. Then put in the meat that was cut off from the back and legs, and let the whole stew about a quarter of an hour. Send up hot to table. Part of a knuckle of veal would improve this soup, in which case some more water will be required.

OBS.

To speak in praise of this soup, would be an eulogium on the gout.

Dutch Sour Sauce for Fish.

TAKE the yolks of two eggs, a lump of butter sufficiently large for the quantity of sauce wanted, and a small bit of mace. A table spoonful of good white wine vinegar. Put all together into a sauce-pan, and melt over a gentle fire, taking care to stir, or shake, only one way. The sauce will be sufficiently thick without any flour.

OBS.

THIS is a most excellent sauce for all kinds of fish, as it does not, like most other sauces, destroy the flavour of the fish.

A Granada.

TAKE the caul sent in with a leg of veal, and put it into a long or round pot, leaving a considerable portion of it to hang over; put upon it a layer of the flitch part of bacon; then a layer of high-seasoned force-meat; then a layer of veal, cut as for collops; and in this manner proceed till the pot be filled. Then take that part of the caul that hangs over the edge of the pot, and close it up, laying a piece of paper over it. Send it to the oven, and when sufficiently baked, turn it into a dish, and serve it up. For sauce, a good brown gravy, as for Scotch collops. Add a few pickled mushrooms, morels, and truffles, when served up.

OBS.

THIS is a good looking savoury dish for a first course, and eats very well cold.

To boil a Ham.

IF the ham be large, boil it in water with two pounds of veal. After boiling a quarter of an hour, add the following vegetables; celery, three heads; young onions, one handful; thyme, a small quantity: sweet marjoram, a small quantity; two turnips; winter savory, one handful; one or two shalots. Boil gently till the ham become sufficiently tender.

OBS.

IN this manner of boiling a ham, the juices of the veal and vegetables insinuate themselves between the fibres of the ham, after having dislodged the salt, by which means the meat is enriched and tendered. The salt being extracted, a considerable degree of flavour is given to the ham. At first sight, this will appear an extravagant way of boiling a ham; but let it be considered, that the broth will serve the charitable purposes of the family, and cannot be considered as lost.

To dress a Beef Steak.

TAKE rump steaks about half an inch in thickness; put them on a gridiron, and keep continually turning them; whilst dressing, lay upon them a piece of fat; and when taken from the fire, put upon them a little grated horse-radish, together with a small portion of butter, mixed with pepper and salt. Put into the dish a little hot gravy, in which let there be shred some shalot or young onions.

OBS.

THIS is a good method of dressing a beef steak. It should on no account be permitted to remain long upon the table, but be sent in hot and hot. Some persons are of opinion that it is better to dress the steaks without either butter or pepper; a mode that preserves the natural taste and flavour of the meat.

Macaroni.

TAKE a quarter of a pound of Macaroni. Boil it till it become tender, but not dissolved; then put it upon a sieve to drain. Take a gill of cream, a piece of butter, with some Parmesan cheese nicely grated. Set all the ingredients on the fire to simmer till perfectly incorporated. Strew a little grated Parmesan on the surface; then brown with a salamander, and serve up.

OBS.

THIS may be considered as the simplest method of dressing Macaroni. The best kind of cheese is Parmesan, but this dish will dress very well with the cheese of our own country. Some persons add a small portion of good gravy. Carolus Stephanus in his book *De Nutrimentis*, printed in 1550, speaks very unfavourably of Macaroni, considering it as a dish of hard digestion, and only fit for the stomachs of rustics and artisans. But the frequent appearance of it at genteel tables does not seem to confirm his opinion.

To broil a Beef Steak.

TAKE rump steaks, half an inch in thickness, and after beating them with a paste pin, season with pepper and salt. The fire being perfectly clear, and the gridiron hot, and rubbed with a piece of fat, lay on the steaks, and turn them often, to keep in the gravy. When sufficiently done, lay the steaks on a hot dish, with a little gravy.

OBS.

IN dressing a beef steak, the great art is to preserve the gravy in the inside of the steak, which can only be done by a clear fire and frequent turning. If kept too long on the fire, the error of all bad cooks, the meat will be hard and juiceless. This is the simplest and the best way of dressing a beef steak. Shallot to the taste. Take care that the beef be tender, as, without that consideration, the utmost dexterity on the part of the cook, will be but of little avail. A few oysters, bearded and warmed in gravy, make an irresistable addition to this dish.

A Gravy Soup.

TAKE four pounds of lean beef, a knuckle of veal, half a pound of lean ham, a bundle of sweet herbs, two whole carrots, two whole turnips, an onion stuck with cloves, and four heads of celery. Put these into a stew-pan, and keep it at a considerable distance from the fire, in order that the gravy may be drawn from the meat before putting in any water, and without running the hazard of burning. Then put in as much water as may be required, and stew gently for the space of five hours. Strain through a sieve into an earthen pot, where the soup should remain during the night. Next day, take off the fat, and when the stock is taken out, great care should be used not to raise it from the bottom, as that would occasion the soup to have a muddy appearance. Put the stock in this clarified state, into the stew-pan, and set it over the fire, taking care to remove the scum as it rises. Season with pepper, salt, and mace. Just before sending up, some persons put thin slips of carrots to the soup; but these must be separately boiled in a sauce-pan.

OBS.

THIS is a most excellent gravy soup; and if the process be well attended to, the soup will be as transparent as amber.

A Gravy Soup.

TAKE four pounds and a half of lean beef, a quarter of a pound of lean ham, and the scrag-end of a neck of mutton. Boil together in a sufficient quantity of water, till the virtue of the meat is extracted. Take celery, thyme, onions or leeks, carrots, and turnips: boil these in a separate vessel till sufficiently soft for squeezing, and add the juice to the above broth. After straining, put the whole into an earthen vessel during the night. Take off the fat, and when put into the stew-pan, add such spices as may be most agreeable, together with some salt, and a pounded anchovy or two. Serve up with a small loaf of bread. When carrots, boiled and pulped, are added, a carrot soup is prepared.

OBS.

IT will be unnecessary to remark on these soups, that their clearness, and uniform taste, constitute the difference between a good and a bad cook.

A Savoury Omelette.

TAKE six or seven eggs, and beat them up with a little salt and pepper. Then having the frying-pan moderately hot, and containing a lump of butter, put in the eggs, after being mixed with a tea-cupful of gravy, a little essence of anchovy, a few chives, and a little parsley cut small. When it has come to nearly the consistence of a pancake, add a little lemon juice. To take off the raw appearance of the eggs, a salamander may be held over the surface; but when a long dish is used, folding over will make that operation unnecessary.

Mock Cavier.

TAKE anchovies, parsley, and chives, or shalots; pound them in a marble mortar, with some oil, salt, and lemon juice; then make a toast of white bread, and spread the composition upon it; cut it into neat slices, and serve it up.

OBS.

THIS is a very good substitute for cavier. The ingredients are here left to the discretion of the cook. The anchovy must predominate.

A White Soup.

TO six quarts of water, put a large knuckle of veal, and a pound of ham, or shoulder of bacon, but only the lean part, two anchovies, a few pepper-corns, two or three onions, a bundle of sweet herbs, and a few heads of celery cut in slices. Stew these all together till the soup has obtained a sufficient strength; then strain through a hair sieve into an earthen pot, into which let the soup stand all night. Next day, skim and pour it off into a stew-pan; put to it a quarter of a pound of almonds blanched and pounded; give a gentle boil, and run it through a lawn sieve, having just before added a pint of cream and the yolk of one egg.

OBS.

THIS is a very wholesome white soup. Like all soups it must be sent up hot. The addition of some vermicelli would be an improvement. And if not sufficiently strong, some veal gravy may be added.

A White Pease Soup.

MAKE a good broth with lean beef, veal, and a few slices of ham, together with turnips, carrots, onions, and celery. The broth being prepared over night, let it be strained from the meat, and put by to cool. When intended to be used, remove the fat that will be formed over the surface of the broth.

Take a pint of white pease, either split or whole, but whole in preference, and after steeping them in cold water for the space of one hour, put them into a pot with about a quart of water, and let them boil till they become sufficiently soft to be pulped through a sieve. Then add them to the broth, together with pepper, and salt to the taste. Boil for the space of a few minutes, and serve up with fried bread, and a little dried mint.

OBS.

As much depends on the flavour of the pease, Ignotus recommends whole pease in preference to those that are split. The external coat preserves the sweet flavour of the pea, which soon flies off when the naked surface is exposed to the weather.

A Pickle for the preservation of Pork, Tongues, &c.

TO four gallons of water put a pound of Muscavedo sugar, four ounces of salt petre, six pounds of bay or common salt. Put the whole into a pot, or kettle, and let it boil, taking care to remove the scum as it rises. Take the vessel from the fire when no more scum rises, and let the liquor stand till it become cold: then put the meat, intended to be preserved, into the vessel appropriated for keeping it, and pour upon it the preserving liquor, covering the meat, in which condition it must be kept. Meat preserved in this manner has been taken out of the pickle after lying in it for the space of ten weeks, and been found as good as if it had not been salted above three days, and at the same time as tender as could be desired. When it is intended to preserve the meat for a very long time, it will be necessary once in two months to boil the pickle over again, skimming off all that rises as before, and throwing in, during the boiling, two ounces of sugar, and half a pound of bay or common salt. The pickle after this second boiling will keep good for twelve months.

OBS.

THIS is an excellent pickle for curing hams, tongues, and beef intended for drying. Observe, when the meat is taken out of the pickle for drying, to wipe it clean and dry, and then to put it into paper bags, to be hung up in a dry place. This pickle is found to be well calculated for those who reside in hot climates.

A Vegetable Soup, with Meat.

MAKE a good stock of beef and veal; then take one onion, two carrots, and two turnips. Cut these into pellets. Put them and the stock into the soup pot, with a small piece of ham and a little butter. That done, add a handful of sorrel, chopped small, and six lettuces well blanched. Boil about an hour. Before its being served up, put in a handful of chervill, chopped small, and let it boil a few minutes. Salt, if required, to the taste.

OBS.

THIS is an excellent soup, and perfectly wholesome. The stock which constitutes its basis, must be good, and clear.

To Ragou a Calf's Head.

TAKE half of a calf's head. Bone it. Cut some rashers of ham, and lay them at the bottom of a stew-pan, with two thin slices of veal, three shalots, a clove of garlic, a little spice, and a bundle of sweet herbs. Put in the head with a tea-cupful of gravy. Stew it down for a quarter of an hour, then add to it a quart of gravy. Stew it till tender, then strain the gravy from it. Take off the fat, and put a piece of butter in a stew-pan. Melt it, and put to it a spoonful of flour. Mix your gravy with it by degrees, and throw in a glass of white wine, and a few mushrooms, or artichoke bottoms cut in pieces. The sauce must be thick. Put the head in and give it a boil. Season to the taste, and serve it up with the sauce over it.

OBS.

THIS is a very inviting dish for those who are fond of good eating, and who do not live in fear of the gout or scurvy.

To stew Lobsters.

PICK the meat from the shells of two lobsters, and put it into a stew-pan, with some melted butter, a table spoonful of essence of anchovy, a little pepper, salt, and powdered mace. Stew together, and keep shaking the pan over the fire till the lobster be thoroughly warmed.

OBS.

WITH the melted butter, incorporate the inside savoury part of the lobster; and when a she lobster is used, the inside coral should also be mixed with the butter. This may be considered as a restorative dish, partaking of the wholesome nature of all shell fish.

A Vegetable Soup, with Meat.

HAVE ready the stock for gravy soup. Put six ounces of butter into a stew-pan, and melt it till it has done hissing. Have ready six onions cut: throw them in and shake them well. Boil for five or six minutes, then put in six heads of celery cut small, two handfuls of spinage, two cabbage lettuces cut, a handful of sorrel, four carrots, and four turnips. Fry them all together, taking care not to burn them. Take a piece of butter, and put it into a stew-pan. Melt it, and when it is turned brown, put in by degrees as much flour as will thicken the soup. Stir it well, and add to it the first mentioned gravy stock. Before it boils, put in the fried vegetables, and stew them very gently. If in season, throw in a pint of green pease, and stew altogether until tender. Season well. The soup should be as thick as good cream.

OBS.

THIS dish is only proper for those who do not stand in fear of gouty shoes and a pair of crutches.

Gravy for keeping.

TAKE of beef, mutton, and veal, of each equal parts. Cut the meat into small pieces, and put it into a deep sauce pan with a close cover. The beef at the bottom, then the mutton, with a piece of lean bacon, some whole pepper, black and white, a large onion, in slices, and a bundle of sweet herbs. Over these put the veal. Cover up close over a slow fire, for the space of ten minutes, shaking the pan now and then. After this pour on as much boiling water as will a little more than cover the meat. Stew gently for the space of eight hours, then put in two anchovies, chopped, and season with salt, to the taste. Strain off, and preserve for use.

OBS.

If properly made, the gravy will become a rich jelly, a piece of which may be occasionally cut out when a made dish is hastily wanted.

A Hare Soup simple.

TAKE four pounds of lean beef, and when cut into pieces, put it into a stew-pan with five quarts of water, a bunch of sweet herbs, two onions, shred, and some pepper and salt. Stew over a gentle fire for the space of two hours, then strain the gravy from the meat. The hare being cut into pieces, put it into the gravy in which it should stew till it becomes quite tender, before which time some shred onions should be added, with pepper and salt to the taste. Before being sent up, the soup should be neatly strained from the meat, or it may be sent up in the soup.

OBS.

This soup does not contain the inflammatory particles that, in general, are offensive to Archæus.

He evidently leans towards the mild Caledonian broths, in preference to the high seasoned soups of this country.

Malt Wine.

TAKE of strong sweet wort sixteen gallons. To every gallon put one pound of lump sugar. Boil for half an hour, and when lukewarm (as when yest is set on) tun it into a barrel, putting to each gallon two pounds of whole raisins, picked from the stalks, four ounces of isinglass, and one spoonful of yest. Let it work out of the barrel, stirring it every day with a stick for a fortnight or a month. When the fermentation is completed, put to every sixteen gallons of wine one gallon of French brandy. Let the cask remain with the bung open till the fermentation ceases. Then bung it up, and let it stand twelve months; after which time it may be racked off, or bottled, and in six months it will be fit for use.

OBS.

THIS kind of wine comes cheap, and is equally good with the best raisin wine. It improves by age, and answers all the purposes of a sweet wine.

The present high price of wine makes such a substitute very desirable. Of this kind of wine, a medical man will form his opinion, when called in to patients who have constantly used it.

To Stew Cod.

CUT cod in slices, and put it into a stew-pan with as much water as may suffer it to be stewed about fifteen minutes. Then put in two or three pounded anchovies, a little butter, some bread crumbs made very fine, and a little juice of lemon. Season with salt, nutmeg, and a small portion of white pepper; then add Cayenne pepper, and as much good gravy as will allow the whole to boil about five minutes. A table spoonful of crab, or lobster sauce, will much improve this dish. The fish must not be turned in the pan.

OBS.

A physician who has a greater regard for his patient's health than he has for his guinea, will not recommend the too frequent use of this dish.

A Good Fish Sauce.

TAKE two gills of mushroom catchup, two gills of walnut catchup, twelve anchovies pounded, two cloves of garlic, and a tea spoonful of Cayenne pepper. Boil all together, and, when cold, bottle it. When used, shake the bottle.

OBS.

No housekeeper should be without this composition, as it will prevent her from continually sending to the oil-shop.

A Cheap Soup.

TAKE one pound of lean beef cut into small pieces, seven pints of water, one pint of split pease, one pound of potatoes, three ounces of rice, two heads of celery, and three leeks. Season to the taste with salt, pepper, and dried mint. Boil gently till reduced to five pints, then strain through a cullender, or, which is better, it may remain unstrained. Fried cabbage and onion will give strength to the soup at a small expense.

OBS.

A soup of this kind taken every fourth day, will act as an antidote to strong gravy soups, and prove a preservative against gout and scurvy. *Experto crede Roberto.*

A Sauce for boiled Carp, Tench, or Turkey.

TO a quarter of a pound of butter, put a pint of cream, and one anchovy pounded. Heat together gently, and put in half a spoonful of India soy, with lemon juice to the taste. When sufficiently heated, take half an ounce of butter, and some flour, which stir into the sauce to make it thicker. Walnut, or mushroom catchup, will, when soy is not to be had, supply its place.

OBS.

THIS is a good sauce for those who prefer good eating to health. Carp and tench are most wholesome when simply boiled, and eaten with plain melted butter made mild with cream, and acidulated gently with good vinegar.

To broil a Beef Steak.

CUT steaks from a rump of beef about half an inch in thickness. The fire being clear, rub the gridiron with beef suet, and lay on the steaks; let them broil till they begin to brown, then turn them, and when gently browned lay them on a hot dish with a bit of butter, and some pepper and salt upon each. Lay on the steaks again, and finish the broiling, by frequently turning them till they are enough. Take a shallot, chopped as small as possible, and putting it to some gravy or hot water, pour it among the steaks, and serve them up as hot as possible.

OBS.

BEEF steaks, dressed in this simple manner, were the established breakfast of the Maids of Honour, in the days of Queen Elizabeth. At an earlier period, they gave strength and vigour to those men who

……………………………………………"drew,
And almost joined the horns of the tough yew."

To fry a Beef Steak.

CUT the steaks as for broiling, and put them into a stew-pan with a lump of butter. Set them over a slow fire, and keep turning them till the butter has become a thick white gravy, which pour into a basin, and put more butter to the steaks. When almost enough, pour all the gravy into the basin, and put more butter into the pan; then fry the steaks over a quick fire till they become of a light brown, when they will be sufficiently done. Remove from the fire, and put them into a hot pewter dish, pouring upon them the gravy that had been drawn from them, and into which some chopped shalot had been previously put. Serve up very hot.

OBS.

STEAKS dressed in this manner are very tender, and cannot be considered otherwise than as a dish prepared to satisfy the appetite, and not to pamper it.

A Beef Steak dressed hastily in a Stew-pan.

FRY the steaks in butter a good brown, then put in half a pint of water, one onion sliced, a spoonful of walnut catchup, a little chopped shalot, and some pepper and salt. Cover up close, and stew gently. When enough, thicken the gravy with flour and butter. Garnish with scraped horse radish, and serve up hot.

OBS.

This, like the former, may be considered as a meal prepared at a small expense, and capable of giving lasting stamina when aided by a draught of good porter or table beer.

Cabeached Cod.

CUT the tail part of the fish into slices, and upon them put some white pepper and salt. Then fry in sweet oil. Take the slices from the pan, and lay them on a plate to cool. When cold, put them into a pickle made of good vinegar, in which some white pepper corns, a few cloves, a little mace, and some salt had been boiled. When cold, mix with the pickle a tea-cupful of oil. Put the fish into a pot, and between every piece, put a few slices of onion, and keep the whole well covered with the pickle. In the same manner salmon may be cabeached; but if taken fresh out of the water, it is liable to break, which it will not do after being kept a few days.

OBS.

Escabeche, in Spanish, signifies "Fish Pickle." In the sea-ports of Spain, they escabeche their fish, which they send inland as presents to their friends. The preparation is similar to the dish here mentioned, with the addition of a large portion of garlic and bay leaves. The Spaniards eat it with vinegar and salad, and sometimes stew it lightly.

Mutton Venison.

SKIN and bone a loin of mutton, after removing the suet. Put it into a cold stew-pan for one night with the bones around it, and pour over it a pint of red port wine and a quart of water. The next day put it over the fire, together with the bones, the inside next the pan, with one shalot, a little parsley, marjoram, six pepper corns, one blade of mace, and a little lemon peel cut thin. After stewing two hours, strain the gravy. Return it again, and turn the meat with the fat side downwards in order to brown; which if not sufficiently so, a salamander may be held over it. Serve up with the gravy in the dish.

OBS.

THIS dish is a good imitation of venison, when used with wine and bread sauce, or currant jelly. Young mutton will not answer for this purpose; and indeed, unless it be five or six years old, the colour of the flesh will discover the deception.

Malt Wine.

TAKE of sweet wort, about the strength of table beer, any quantity. To every gallon of wort, put a pound and a half of lump sugar. Boil the liquor for the space of half an hour, and when about the warmth when yest is set on, tun it into a barrel, and to each gallon put two pounds of Malaga raisins a little chopped, two ounces of dissolved isinglass, and one spoonful of yest. Stir the liquor every day with a stick during a fortnight or a month. Keep the bung lightly in till the fermentation ceases, when a gallon of brandy should be put to every sixteen gallons of liquor. Then bung up the cask, and let the wine stand for the space of twelve months, when it may be racked off, or bottled. Some persons put three ounces of hops to every thirty gallons of wort. This wine improves greatly by age.

OBS.

The wine of Portugal, so congenial to the British constitution, is now so heavily taxed, that the middling classes of people may be fairly considered as deprived of its enjoyment. And as every man is desirous of rendering the burdens laid upon him as light as possible, an ingenious gentleman contrived the above wine, of which the basis is malt. For some years, the gentleman enjoyed exclusively to himself this cheap domestic comfort; but now, by the severest law, he is deprived of that enjoyment, by a late additional tax upon malt and raisins. I conceive that the minister learnt this piece of torturing ingenuity, from the sportsman, who, when he means to unkennel a fox, orders all Reynard's retreats to be stopped up early in the morning; so that when the poor animal expects to be safely lodged against his pursuers, he finds his own doors shut against him. Distressed and fatigued, Reynard is now forced to depend upon his own strength, which generally fails him; and in the end he falls a victim to the speed of the hounds, and the ingenuity of the huntsman. *De te fabula narratur.*

A Russian Sauce.

TAKE grated horse-radish, four spoonfuls; made mustard, two tea-spoonfuls; salt, a salt-spoonful; sugar, a tea-spoonful; vinegar, as much as will just cover the ingredients.

OBS.

THIS is a most excellent sauce for all kinds of cold meat, and when added to some melted butter, makes a very good fish-sauce. Ignotus once saw this sauce condescendingly prepared by the hands of a Russian Princess, on which account it is received into this collection.

Mutton Stewed.

CUT slices out of the middle part of a leg of mutton; season them with pepper and salt, and put them into a stew-pan; cover the steaks with water, and a little gravy, and add some onions sliced. Let the stew-pan be covered close, and when one side of the steaks is done enough, let them be turned; when a little butter, rolled in flour, should be added.

OBS.

If stewed beyond twenty minutes, the meat will become hard. This is a very good dish for a private family where a little economy is necessary. Beef may be dressed in the same simple way. Shalot, garlic, or catchup, may be added, as the family may think proper.

Oyster Sausages.

TAKE half a pound of lean mutton; three quarters of a pound of beef suet; a score and a half of oysters scalded, and the beards taken off.

Chop all together, and add some bread crumbs, and yolks of eggs to bind the materials together. Season well with salt, pepper, and mace. Make this composition into the form of sausages, and fry them lightly in the usual way.

OBS.

THIS is a very neat supper dish, and will in general be liked by those who are fond of savoury things. If required, the sausage meat may be put into skins. Some persons prefer the inside of a sirloin of beef to mutton, but that cannot be so conveniently obtained.

To stew a Duck with Cabbage.

BOIL a cabbage over night, and set it to drain. Half roast a duck, and have ready some gravy seasoned with sweet marjoram, thyme, onions, pepper, and salt, and thickened with butter and flour. Put the duck into a stew-pan, with the gravy, and stew it till enough; then have in readiness the cabbage, fried in butter, and put it into the pan. When sufficiently heated, serve up, with the duck in the middle.

OBS.

NOTWITHSTANDING this is a savoury dish, it contains only a small portion of gout.

Fish Sauce.

TAKE twenty-four anchovies, ten shalots, three heaped spoonfuls of scraped horse-radish, ten blades of mace, a quart of Rhenish wine, or old Hock, twelve cloves, half a pint of anchovy liquor, a pint of water, and one lemon sliced. Boil altogether till reduced to a quart, then strain, and add three spoonfuls of walnut catchup.

OBS.

A SPOONFUL of this composition put to a quarter of a pound of melted butter, makes a good and expeditious sauce for any kind of fish When kept from the air, it will retain its goodness for a considerable time. No housekeeper, who lives in the country, ought to be without it, unless she prefers the essence of anchovy, which may be purchased at the oil shops.

A Partridge Soup.

STEW down a knuckle of veal till it become a strong soup. Stuff as many partridges as you think proper with forcemeat, and stew them in the soup till they are perfectly tender; but not so much as to fall in pieces. The flavour and taste of the soup will be much increased by the addition of all sorts of vegetables, especially celery. Season to the taste. To make the soup very strong, some lean beef may be added to the veal; but before the dish is sent up to the table, the meat and vegetables must be strained off, and only the partridges suffered to remain in the soup.

OBS.

THIS is one of the dishes that escaped from Pandora's box.

A Macaroni Soup.

CUT three onions into slices, and put them into a sauce-pan with a piece of butter and a little water; but take care that the onions be not burnt. Keep the onions and butter upon the fire, till they become a little discoloured: then take four anchovies, with two or three fresh-water fish, and a little thyme. Simmer these together a proper time, then add water and scraped Parmesan cheese. Boil up all together, and strain through a sieve; after which return the soup into the pan, and add to it a sufficient quantity of prepared macaroni, and give it a boil.

OBS.

This is an Italian dish of reputation.

To stew a Loin of Mutton.

BONE a loin of aged mutton, taking off the skin and the fat. Then stew it in gravy till it become a good brown. Put into the stew-pan with the mutton, two anchovies, and half a clove of garlic. Stew moderately till the meat become tender. Half an hour before taking up, add a few spoonfuls of port wine, and some catchup. Thicken the sauce with butter and flour.

OBS.

If well dressed, this is a good looking dish, and in general is approved of. It eats very well with venison sauce.

To stew a Fowl in Rice.

TAKE a fowl, and half boil it in a moderate quantity of water; then put to it a quarter of a pound of rice, with some mace. Stew the fowl till it become very tender. A basin of well seasoned veal broth added during the stewing, will make the dish more savoury.

OBS.

TAKE care to stew the fowl till it become tender; but be careful that it be not so much stewed as to fall in pieces, and lose its form. Perhaps it would be better to boil the rice separately, and pour it upon the fowl when sent up. This is a good *Semel-in-Septimana* dish, for free-livers.

A Macaroni Pie.

MAKE the paste as for any other pie, and with it line the sides and bottom of a neat earthen or china dish that will bear the fire. Then having some macaroni that has been boiled in salt and water, (the water well drained from it,) stew it in a strong meat gravy, and put it at the bottom of the dish, together with some slices of ham; over this put strata of pigeons, partridges, woodcocks, or moorgame, all cut in pieces, together with cocks' combs, and sweetbreads. All these should be parboiled with some slices of ham. Upon them, put truffles, morels, and mushrooms; then another stratum of macaroni with a little butter and grated Parmesan cheese, with some pepper and salt. Over all, put the remainder of the gravy, and about an equal quantity of cream. Put on the upper crust with a hole in the middle, to be covered with a rose of the same paste. The pie being thus completed, bake it in a gentle oven. When removed from the oven, raise the rose, and pour in some more gravy or cream. Replace the rose, when the dish will be ready for the table.

OBS.

THIS dish was sent to Ignotus from the late Pope's kitchen. The Italians often put sugar into their paste.

Anchovy Sauce.

TAKE three anchovies or more; when boned and skinned, chop them very fine, and put them into a pan, with some gravy; thicken with half a pound of butter, and a little flour, shaking it one way over the fire till it become as thick as melted butter should be.

OBS.

THIS sauce is soon prepared, and is not expensive. But what is sold in the shops, under the name of essence of anchovy, when mixed with melted butter, constitutes a fish-sauce of equal goodness.

To stew Carp and Tench.

SCALE the fish; then dredge them with flour, and fry them in dripping. When fried, put the fish into a stew-pan with some good gravy; a few anchovies; a bunch of thyme; a little mace; some spoonfuls of mushroom catchup; and a small slice of onion. Add some red wine, and thicken with flour and butter.

OBS.

THE present taste is simply to boil both carp and tench, and to serve them up with plain, or savoury sauce. The Dutch sour-sauce is, perhaps, the best of any, as it does not destroy the flavour of the fish; which is not the case when a high-seasoned sauce is used.

Macaroni.

TAKE of the best pipe macaroni any quantity. Boil it in three quarts of water till it become tender; but not so soft as to lose its shape; then lay it on a sieve to dry, and when nearly so, put it into a sauce-pan with half a pint of good cream, a bit of butter, about the size of a walnut, a little salt, and some spoonfuls of grated Parmesan cheese. Stew all together, and keep stirring during the whole time, in order that the mixture may have a uniform appearance. As the Parmesan cheese is of a very dry nature, the macaroni will be much improved by a mixture of mild, but fat, Cheshire cheese. When dished up, some grated cheese, mixed with crumbs of bread, should be shaken over it, and the surface browned with a salamander.

OBS.

THE addition of some mild, but fat, Cheshire cheese, is a great improvement. The cheese named "Trent Bank," when grated, makes a good substitute for Parmesan.

Burnt Butter.

PUT half a pound of butter into a stew-pan with six anchovies, four shalots, two blades of mace, and four tea-spoonfuls of white pepper. Add flour, and keep stirring till the mixture become as thick as paste. When cold, put the mixture into a pot, for the purpose of thickening all brown sauces. When used, dissolve as much as may be wanted in boiling water, and strain.

A Carrot Soup.

TAKE carrots well scraped, and boil them in water, till quite tender; then pulp them through a sieve. Have ready some good beef gravy, to which put the carrots; and after stewing a short time, put in some butter with flour, to thicken the soup. Some add a little boiled rice.

OBS.

THIS is a very wholesome soup; and on the consideration of its making a part of our diet, I shall medically consider it as an antiscorbutic.

Water Souchy.

TAKE a quart of water, a few perch or flounders, some parsley, and parsley roots. Stew these in a proper pan, and, when soft, pulp them through a sieve. Into the liquor put the remainder of the fish, with more parsley and parsley roots, and some salt. Boil till the fish is thought enough, and then send it up in the surrounding water, together with the roots.

OBS.

A few of the fish stewed down, strengthens the water in which the fish is afterwards sent up. For want of this precaution, the soup has a maigre taste. Slices of bread and butter are generally sent up to be eaten with the fish. In a medical view this is a very wholesome dish.

A simple Soup.

TAKE three quarts of good broth or gravy. Put it into a sauce-pan with two carrots, three or four turnips, three or four potatoes, some celery, lettuce, endive, parsley, and a piece of butter with a little flour. Stew till the vegetables become quite tender, so as to permit them to be rubbed through a sieve, after which let them be put to the soup. Stew again for about a quarter of an hour, and season to the taste. If too strong, add a little water. A few spoonfuls of rice, separately boiled, will add greatly to the merits of this soup, and but little to the expense.

OBS.

THIS is a very simple soup, and cannot be said to contain either gout or scurvy. Some part of the vegetables may be left unpulped.

Fish Sauce.

A GILL of mushroom pickle; a gill of walnut pickle; six anchovies pounded; two cloves of garlic; and half a tea-spoonful of Cayenne pepper. Boil all together, and bottle when cold.

When used, shake the bottle, and put the required quantity into some melted butter.

OBS.

SUCH is the variety of fish sauces, that the cook can have no difficulty in fixing upon one that has the desired properties. This, by some, is called Quin's sauce. In this branch of cookery, I believe every man cook has his nostrum, of which, part may be his own invention, and part may be derived from tradition. The essence of Anchovy, sold at the oil Shops, is a very good sauce, and saves a great deal of trouble on the part of the cook.

A Carrot Soup.

TAKE a shin of beef, four quarts of water, some onions, celery, parsley, thyme, salt, and pepper to the taste. Stew these together for the space of five hours, and strain through a hair-sieve. When cold, take off the fat. Then having a sufficient number of carrots boiled, and pulped through a sieve, put them to the soup, adding some rice previously boiled in water. Boil and send up hot.

OBS.

THIS is a very good soup, and may be considered as an antiscorbutic.

A Maigre Soup.

TAKE six ounces of butter. Cut it into pieces, and put it into a stew-pan. When a little browned, take three or four onions sliced, three or four heads of celery, two handfuls of spinage, some cabbage, two or three turnips, some parsley, two or three cabbage lettuces, and pepper and salt to the taste. Stew these gently about half an hour, then put to them two quarts of water. Simmer till the roots become quite tender, when any part of them may be taken out. Put in the crust of a French roll, and send the dish up to table.

OBS.

THIS is a good antidote against turtle, venison, high-seasoned soups, and ragouts. It is the poor man's soup, and contains neither gout nor scurvy. "The sleep of a labouring man is sweet, whether he eat little or much; but the abundance of the rich will not suffer him to sleep." *Eccles.*

A Hare Soup.

TAKE an old hare, and after washing it well from the blood, cut it into pieces, and season with Cayenne pepper and salt. Put the meat into a stew-pan with a small knuckle of veal cut into pieces, half a pound of lean ham, six large onions, two heads of celery, a small bunch of pot marjoram, two or three cloves, and four quarts of water. Stew gently till all the goodness of the meat be drawn out, and strain.

OBS.

ALL soups should be made over night, as it will give the Cook an opportunity to remove the fat. This is the cheapest and simplest hare soup that can be made; but if expense be not an object, about a pint of red wine may be added a few minutes before the stew-pan is removed from the fire.

A Fricandeau of Veal.

FROM a fillet of veal, cut a large piece, the long way of the grain, and after larding it neatly with fat bacon, put it into a stew-pan with a little water till it become brown and tender. Into another stew-pan put some carrots, onions, turnips, celery, all-spice, two cloves, and a little pepper. Over these, put some slices of fat bacon; then put in the fricandeau, with some gravy, and let the whole stew till the meat has become quite tender, and imbibed the vegetable juices. Send the fricandeau to the table upon sorrel, stewed in the following manner. Take some handfuls of sorrel, and after being well washed and chopped, put it into a stew-pan with a slice of ham. When sufficiently stewed, give it a gentle squeeze, and add some gravy, a spoonful of mushroom catchup, a tea-spoonful of vinegar, two tea-spoonfuls of lemon pickle, a bit of butter, and a lump of sugar. Stew gently, and after taking out the ham, and chopping the sorrel smooth with a wooden spoon, add a little more gravy, with pepper and salt to the taste.

OBS.

THIS is a palatable and wholesome dish; and as much depends on the sorrel, care must be taken not to expose it to too much heat, it having a disposition to change colour on the application of too much fire. Under the most careful attention, it will lose much of its green colour. This sour sauce is not confined to the fricandeau, but may be dressed for all kinds of roast meat; in which case, the cookery may be conducted in a much more simple manner.

A Fricandeau.

TAKE two pounds of meat, cut the long way of the grain, from a leg of veal, and after larding it with fat bacon, put it into a stew-pan, with carrots, pepper, and some gravy. Let it stew for the space of an hour; then take out the veal, and after skimming off the fat, let the gravy be reduced till it become quite thick and brown, when the veal should be put into it, for a short space of time, in order to give it a glaze. Have in readiness some stewed sorrel, or spinage, upon which the fricandeau should be put.

OBS.

THIS is a very good corner dish for a first course; but when spinage is used, it should be made gently acid, to imitate sorrel, to which the preference should always be given.

Mock Turtle Soup.

TAKE a calf's head with the skin on. Scald it to take off the hair. Then boil it in a sufficient quantity of strong gravy, made of beef and veal. When the head is boiled tender, cut it into pieces of about a quarter of an inch square, and after taking off the fat, put the head to the gravy. Season with Cayenne pepper, black pepper, salt, marjoram, thyme, parsley, and shalot. Strain and simmer, for a quarter of an hour. When ready to be served up, add forcemeat balls, yolks of eggs, and Madeira.

OBS.

THIS is a most diabolical dish, and only fit for the Sunday dinner of a rustic, who is to work the six following days in a ditch bottom. It is the very essence of Pandora's box. So,—" Get thee behind me, Satan !"

Fish Sauce to keep a Year.

TAKE walnuts of the size fit for pickling. Cut, and pound them in a marble mortar to obtain the juice. To a pint of juice, put a pound of anchovies. Boil till the anchovies are dissolved, and strain through a piece of muslin. Then boil again, and add a quarter of an ounce of mace; half a quarter of an ounce of cloves; some whole white pepper; and seven or eight shalots; a few cloves of garlic, and a pint of white wine vinegar. Boil all together till the shalots become tender; then strain, and when cold, bottle for use.

OBS.

THE bottles should not exceed in size a quarter of a pint. One large spoonful of this will be sufficient for a common sized boat of melted butter. Take care to strain the sauce carefully before bottling. Housekeepers who reside in the country should never be without this sauce in their store-rooms, on account of its extemporaneous nature, as well as for its long keeping and cheapness. But if they do not choose to take so much trouble, they will find the essence of anchovy a very convenient substitute.

An excellent Vinegar.

TO every gallon of water put a pound of lump sugar. Boil, and skim as long as any scum arises.

Pour this sweet water into an open vessel, and when new-milk warm, add some yest rubbed upon a piece of bread. When the fermentation has continued about twenty-four hours, put the liquor into an iron-hooped cask, and place it in the kitchen, or in a place where the sun will have access to it. Lay a piece of tile over the bung-hole.

OBS.

THE month of March is the best time for making this vinegar. It will be fit to bottle in about six months. Place the cask in the kitchen, in preference to exposing it to the sun.

To stew Beef Steaks.

TAKE rump steaks cut thick; give them a browning in a stew-pan with some butter, and a little water. Add a few spoonfuls of more water, an onion sliced, two or three anchovies, with pepper and salt. Cover up close, and stew the steaks over a slow fire for the space of an hour, or till they are sufficiently done. When stewed completely tender, add a glassful of port wine, a few oysters, some catchup, and a little anchovy liquor. Serve up hot.

OBS.

THIS dish contains a large quantity of gout; but if the present enjoyment be the only thing held in view, its bad effects may in a great measure be taken off by a dinner of mutton broth, or soup maigre, on the following day. This is a kind of sinning and repentance; but not much to be reproved, if regularly attended to. This practice is more justifiable than the present attempt to destroy the gout by rum or brandy, smuggled, in large quantities, into the constitution, under the disguise of a medicine.

To stew Beef Steaks.

TAKE three or four beef steaks cut thick, and season them with pepper, salt, and onion shred fine. Lay them in a stew-pan with some slices of bacon, under and over them, together with a piece of butter. Stew over a slow fire for the space of a quarter of an hour, after which put to them a pint of brown gravy, a few pickled mushrooms, a cucumber, a few morels, and two spoonfuls of port wine. Stew till the steaks are become sufficiently tender; then take out the bacon, and skim off the fat, after which thicken the gravy with butter rolled in flour, and serve up with bread sippets.

OBS.

THIS is a good savoury dish, but it is not calculated for gouty habits.

To roast a Calf's Head.

TAKE the bones out of a calf's head, and wipe the meat very dry. Make a seasoning with a little beaten mace, pepper, and salt. Chop some fat bacon very small, and add to it some grated bread. Strew this and the seasoning over the head; then roll it up, and skewer it with some small skewers. Tye up the head and roast it, basting it with butter, or drippings.

OBS.

THIS is a dish of moderate expense, and may supply the place of a more expensive one.

A stewed Fillet of Veal.

TAKE a flat fillet of veal. Lard it with thick pieces of bacon, and season with cloves, mace, salt, and pepper. Skewer the fillet as close as possible, and having covered the stew-pan with slices of fat and lean bacon, put in the veal. Set it on a charcoal fire, and keeping the pan close covered, let the meat fry till it become of a good brown colour, to obtain which it must be often turned. Then put in a pint of water, and some veal gravy, with two or three blades of mace. If a large fillet, it will require two hours for stewing. When enough, strain off and get the sauce as free from fat as possible. Thicken with the yolk of an egg, beat up with a little flour and water. Serve up with force-meat balls.

OBS.

To make the directions for preparing this dish more perfect, the quantities of seasoning should be mentioned; but I find that it is impossible to conduct the business of the kitchen, with pharmaceutic precision. We therefore must, in most cases, submit our palates to the judgment of the cook.

Macaroni.

TAKE of macaroni a quarter of a pound. Boil it in milk and water till it become tender; then strain; and when put into a sauce-pan, add to it two large spoonfuls of grated Parmesan cheese, and the same quantity of cream, a small piece of butter, salt and pepper to the taste. Boil all together for about five minutes. When put into the dish, cover the macaroni with grated cheese, and brown it with a salamander.

OBS.

The cheese known by the name of "Trent Bank," as before observed, may be made to supply the place of Parmesan.

A good Mess for a weak, or consumptive person.

TAKE any quantity of veal cut into slices. Put the meat into an earthen pot with plenty of sliced turnips. Cover the vessel, and let it stand up to the brim in boiling water. Add a small portion of salt. When sufficiently done, serve it up. No water is required, as the turnips are sufficiently succulent for the purpose of tendering the meat, and extracting the juices from it.

OBS.

THIS simple dish contains all the juices of the veal, with the addition of saccharine matter afforded by the turnips. The veal must be well beaten, otherwise it will be rather hard. The Romans were acquainted with this mode of cookery; it was what they meant by *per duplex vas coquere.* We call it *Balneum Mariæ*

Hare Soup.

TAKE a full grown hare, and after washing it, cut it into pieces. Put most of the pieces into a proper vessel, with six quarts of water, together with a knuckle of veal, a bundle of sweet herbs, some salt, and a little black pepper. Stew for three or four hours, and then strain. Having left out three or four of the best pieces of the hare, fry them in a little butter, very quick, till they become of a good brown, and then put them to the soup. Let it simmer for a quarter of an hour. Thicken with a little flour and butter, and serve up hot, with forcemeat balls Some add half a pint of red wine.

OBS.

THIS is a most excellent soup, but full of gout. *Experto crede Roberto.*

To make Stilton Cheese.

TAKE sixty quarts of new milk, and four quarts of cream. When luke-warm, put rennet as for other cheeses. Press the curd in the usual manner, and when put into the cheese vat, turn it over four or five times a day into clean cloths.

The Cheese Vat { 10½ Inches deep.
8¼ —— over.

OBS.

STILTON cheeses are seldom used till two years old. See that the rennet be perfectly sweet, for on that the flavour of the cheese greatly depends

Beef Steaks stewed with Cucumber.

PARE four large cucumbers, and take out the seeds. Cut them into slices about an inch long and put them into a stew-pan with four onions sliced, and a piece of butter. Fry these till brown, and add to them a pint of gravy. Dust in a little flour. When the cucumbers have become sufficiently tender, skim off the fat. Then take six rump steaks, having previously beaten and seasoned them with pepper and salt. Fry these quick in butter, and when sufficiently done, put them into a dish, and pour the cucumbers over them. Some persons stew the steaks and cucumbers together, but that is not to be recommended, as it makes the steaks hard.

OBS.

THIS dish affords a sufficient meal to persons who have good appetites, and who are not disposed to indulge in variety. It gives Archæus very little trouble in the examination of the contents after the chyliferous process has begun.

To dress dried Cod.

SOAK the fish six hours in soft water, then lay it on a stone or brick floor for eight hours. Repeat the soaking for six hours, and lay it again on the floor for two. Brush it well with a hard brush, and boil it gently in soft water. When properly boiled, it will swell considerably, and the flakes will come off in an agreeable manner. To be eaten with egg sauce and mustard, mashed potatoes, or parsnips.

OBS.

THE directions here given for the management of dried salt fish, previous to the boiling, are very judicious, and better than constant soaking. In this mode of preparation, the fibres of the fish are loosened in consequence of their sustaining alternate expansion and contraction, which occasions the fish to come off in flakes.

Fish Sauce to keep the whole Year.

TAKE twenty-four anchovies and chop them, ten shalots, three spoonfuls of scraped horse-radish, four blades of mace, one quart of white wine, two quarts of water, one lemon sliced, one gill of anchovy liquor, twelve cloves, and twelve pepper corns. Boil till the whole be reduced to three pints, then strain, and, when cold, put the liquor into a bottle. Two spoonfuls are sufficient for a boat of melted butter.

Friars' Chickens.

TAKE two or three chickens and cut them into four quarters. Put them into a little more water than will cover them. When boiled enough throw into the boiling broth the following: The whites and yolks of two or three eggs, and a handful of parsley shred small. Beat up, and add some salt and black pepper. When thrown into the boiling broth, stir it gently to prevent the curdling into large pieces. Serve up in a tureen. Some veal would improve this dish.

OBS.

THIS dish contains neither gout, scurvy, nor rheumatism. An admirer of high-seasoned dishes will find this very conducive to his health, if served up to him once a week. It will give time to Archæus to put his house into order, after the manner of a house maid on a Saturday night.

Savoury Sauce for a roasted Goose.

A table spoonful of made mustard, half a tea-spoonful of Cayenne pepper, and three spoonfuls of port wine. When mixed, pour this (hot,) into the body of the goose, by a slit in the apron, just before sending it up.

OBS.

THIS is a "Secret worth knowing." It wonderfully improves the sage and onion.

Sauce for cold Partridge, or cold Meat of any kind.

BEAT up the yolk of a hard egg with oil and vinegar. Add a little anchovy liquor, some Cayenne pepper, salt, parsley and shalot, both chopped small.

OBS.

THIS is a good extemporaneous sauce, and of small price. It is excellent for cold lobster.

A Cream Cheese.

TAKE equal parts of cream and new milk. Put to it a sufficiency of rennet; when turned, break the curd as little as possible, and put it into a cloth, where it should remain to drain; after which put it into a mould, open at top and bottom, and gently press it down. Cover the cheese with nettles, and turn it every day. Some use cream alone, and no rennet, but cheeses so made taste too much of butter, and soon grow rancid.

OBS.

IN making cream cheeses, the utmost attention should be paid to the rennet, which ought to be perfectly sweet. A thing seldom attended to.

An Omelette.

FRY some butter in a frying-pan, and, when hot, throw in eight eggs well beaten, and to which there had previously been put some parsley shred fine, a little salt, and some pepper. When sent up, pour upon the omelette a few spoonfuls of good gravy made hot. Double it over to suit a long dish.

OBS.

By judiciously beating and frothing the eggs, the omelette will improve in lightness. This is an omelette of the simplest nature. Some persons recommend scraped ham, chives, and onions to be beat up with the eggs, but these are not agreeable to every palate. Take care not to fry the omelette too much, as that will render it tough.

An Oyster Omelette.

TAKE six eggs, and when beat up, add the oysters, cleared from the beards, and chopped small. Then add salt, nutmeg, pepper, and chopped parsley. Fry in butter, and serve up hot.

OBS.

This omelette may be made more savoury by the addition of some catchup and grated ham, It is usually sent up with a little gravy.

A Salad Sauce.

TAKE the yolks of two eggs, boiled hard, a dessert spoonful of grated Parmesan cheese, a little made mustard, a dessert spoonful of Tarragon vinegar, and a large spoonful of catchup. When well incorporated, add four spoonfuls of salad oil, and one spoonful of elder vinegar. Beat, so as to incorporate the oil with the other ingredients.

OBS.

THIS mixture must not be poured upon the lettuce, or vegetables used in the salad, but be left at the bottom, to be stirred up when wanted. This method preserves the crispness of the lettuce. Observe, that the liquid ingredients must be proportioned to the quantity of vegetables used. The Romans had a raw salad, compounded from the *Agreste Olus*, and made savoury with liquamen, oil, and vinegar. The liquamen was something like our anchovy liquor, but much stronger.

A Winter Salad.

THE salad sauce being prepared from the usual ingredients, oil, vinegar, mustard, egg yolks, and salt, take some slices of beet root, pickled in vinegar, a small quantity of red cabbage, cut into stripes, and as much cut celery and endive as may more than equal all the other ingredients. Upon these pour the sauce, and stir up, so as every part may receive the benefit of it. The reverse of this proceeding should be observed in summer salads, where the sauce should only be stirred up when wanted, in order to preserve the crispness of the vegetables.

OBS.

THIS salad is good either for hot or cold meat.

To boil Rice.

AFTER picking the rice, and boiling it a little in salt and water, put it into a sauce-pan, containing a large quantity of boiling water. Let the rice boil till tender, then throw in a pint of cold water, and pour the whole into a cullender to drain. When dry it may be served up.

OBS.

THIS is the manner of boiling rice for curries, or any other purpose. If carefully done, it will not stick to the pan, and every grain will keep in a state of separation.

A fried Curry.

TAKE a chicken; cut it in pieces, and fry it in butter till brown. Take it out, and fry some onions with a bit of butter, and then put them to the chicken, with two spoonfuls of curry powder. Add some thin gravy, just sufficient to cover the chicken, and a little salt. Cover up close, and give a quick boil for a few minutes; take the cover off, and put in the juice of a small lemon. Stew over a slow fire till the gravy become of a proper thickness. Serve up hot.

Savoury Eggs.

BOIL any number of eggs hard, and, when cold, take the yolks and beat them smooth, with an equal number of anchovies, a little catchup, and a piece of butter. With this composition fill the whites of the eggs, and that they may stand even, cut off a little from the small end.

OBS.

THIS is a very neat side dish for a supper. The composition put into the eggs admits of great variety. Some grated ham, or hung beef, may be pounded with the anchovies, but an experienced cook does not stand in need of any hints on this savoury subject. Thin slices of the white cut off from the bottom, and laid over the meat at the top, give the eggs an ornamental appearance.

An early Spring Soup.

TAKE a knuckle of veal chopped in pieces; a quarter of a pound of lean ham; a quart of whole white pease; two or three turnips; a leek; and a little celery. Cut these into small pieces, and put to them four quarts of soft water. Boil till the meat has parted with all its juices, and the pease have become soft. Then take out the meat and vegetables, and pulp the pease through a sieve. Season with pepper and salt to the taste. Take a bunch of asparagus cut small to resemble green pease, the hearts of two or three cabbage lettuces, and some green mint cut small. Stew these in the soup till the vegetables become tender, taking care to keep them of a good colour, and not to permit them to remain too long upon the fire. Should the soup prove too thick, put to it some good broth, but if too thin, add a little flour and water. Should it not appear sufficiently green, pound a handful of spinage, and put the juice, when properly strained, into the soup, but it must not be boiled, for that would destroy the green colour of the spinage.

OBS.

This is a very wholesome soup, bearing the resemblance of a green pease soup. Whenever the juice of spinage is used for greening, we should be careful not to put it to the soup in the act of boiling, for that would weaken its colour. And when asparagus is meant to resemble green pease, care must be taken not to subject it to too much heat, being a vegetable that soon becomes soft and loses its colour. A considerable degree of attention is required on the part of the Cook in regard to the management of the asparagus.

An Omelette.

TAKE six eggs. Beat them for a few minutes, then put to them some chopped parsley, salt, pepper, and some fresh mushrooms stewed and chopped. Into the pan put half a pound of butter, and when sufficiently heated, pour in the omelette, and fry to a nice brown; but be careful not to permit it to continue too long upon the fire, for that would render it tough and hard.

OBS.

A salamander held for a minute over the surface, will take off the raw appearance of the eggs; or the omelette may be folded over.

A Sauce for cold Fowl, Veal, &c.

WHISK the yolk of an egg, then add as much pepper and salt as will lie upon a shilling, and as much shred parsley as will lie upon half a crown, as much shalot, or shred onions, as will lie upon a quarter guinea, half a tea-spoonful of made mustard, and two table-spoonfuls of salad oil. Whisk all together, and add half a spoonful of elder vinegar, and two spoonfuls of common vinegar.

OBS.

THIS is a very wholesome sauce for the intended purpose.

A Dunelm of Chicken.

TAKE a few fresh mushrooms, peeled and dressed as for stewing; mince them very small, and put to them some butter, salt, and cream. When put into a sauce-pan, stir over a gentle fire till the mushrooms are nearly done. Then add the white part of a roasted fowl, after being minced very small. When sufficiently heated, it may be served up.

OBS.

DELICATE stomachs often reject things of an insipid nature, and when that is the case, this dish may be prescribed with perfect safety. When fresh mushrooms cannot be got, a very small portion of mushroom powder, or catchup, may supply their place.

Scotch Barley Broth.

TAKE a tea-cupful of pearl barley and one gallon of water. Boil gently for half an hour, then add three pounds of lean beef, or neck of mutton, some turnips and carrots cut small, a pint of green pease, if in season, and some onions. Let the whole boil gently for two hours, or longer, in a close soup-kettle, when the broth will be fit for use.

OBS.

THIS is a very wholesome national dish, and is held in high estimation by Archæus ; it gives him no trouble, as the chyle produced by it is of a mild balsamic nature, and incapable of furring up the glandular system.

Sheep's Head Broth.

THIS national dish is of great antiquity, and only differs from the above in the addition of a sheep's head ; in which case, the quantity of meat in the broth must be diminished. The head must be singed at the blacksmith's with a red hot iron, till not a single particle of wool remain. This operation requires much attention, as the iron must not be allowed to make any impression upon the skin. When singed, put the head into a tub of soft water for a whole night. After being well scraped and washed, split it asunder and take out the brains. Then put it into the kettle with the ingredients above-mentioned, for making broth; but take care that the head be boiled sufficiently tender. Some persons add the feet after being singed, and washed in cold water.

OBS.

THIS wholesome dish is of great antiquity, being supposed by some to be the black broth of Lacedæmon. It can only be objected to in point of colour, as all the ingredients are known to be perfectly clean. Were objections to be raised against colour, what can we say in defence of a curry, or a custard? Let it, however, be remarked, that by rubbing the brains upon the head, the blackness may be effectually removed.

A Haggis.

TAKE the large stomach of a sheep. After being nicely cleaned, put it to soak in cold water for a night. Boil the pluck of a sheep till it become very tender; mince it small, together with a large portion of suet, and season with pepper, salt, and a little onion shred small; add a handful of oatmeal previously toasted, and a quart of the liquor in which the pluck was boiled. These being well mixed, put them into the stomach, which must be firmly sewed, to keep out the water. Then boil the bag so filled for three hours, and serve it up in a deep dish. Though the pluck is here mentioned *generally*, we must observe that neither the liver, nor what is called the "cat's piece," is to be used. It is the perquisite of the cat. Anatomists call it the spleen. Its use in the animal economy is unknown to physiologists. I shall venture to name it "Archæus's Store-room," till a better use can be found for it.

OBS.

NICE persons object to the appearance of the bag when served up at the table; but surely this is an ill-founded prejudice. To compare small things with great, the objection holds equally good against a sausage, which is no other than a haggis in miniature. The bag is not otherwise used than as being made to contain the mince-meat. The Romans had a dish similar to this; but the bag they used, was the stomach of a sow;

an animal grateful to them in all its parts. The haggis admits of being made with expensive ingredients; in which case, the contents should be sent to the table without the bag. Meat prepared by the heat of boiling water, without being actually exposed to it, is a mode of cooking not generally practised with us. The Romans knew it by the title of *vas duplex*. Fowls trussed as for boiling, when put into a sheep's stomach, with oysters and their liquor, and no water, are deliciously stewed; as in that mode, the animal juices are preserved instead of being drawn out by boiling water. As the Scotch in early times held swine's flesh in great detestation, we here find a proof of it in the preference given by them to a sheep's stomach. For this remark, I expect to have the thanks of the learned Society of Antiquaries. The haggis may be defended on the principle of frugality, for which the Scotch have ever been remarkable, and long may they continue to be so. For the moment that the peasantry of that country depart from the frugality of their ancestors, luxury, with her horrid train, will bring misery upon them, and put them into the situation of their neighbours in the southern parts of this happy island, who are rapidly advancing towards a considerable degree of debasement! In Scotland, heavy taxes and high rents are kept down by national frugality; but the reverse is the case with their southern neighbours. Without economy, heavy taxes and high rents *must* sap the foundation of English agriculture. So prophecies *Cassandra.*

On the marriage of a daughter of England with a Scottish king, her attendants from England introduced a more luxurious mode of living among the nobility and gentry, than they had ever been accustomed to. The wisdom of the nation saw the danger; and at the instance of the bishop of St. Andrew's, an act of parliament was passed, forbidding the nobility and gentry to live otherwise than as their forefathers had done. When our peasantry find it necessary to lay before parliament their situation in regard to the increased farming expenses, let them look at home, and there they will be sure to find a permanent relief. To serve the farmer by raising the price of corn at the expense of the public, is very unsound policy, at a time when a general inclosure bill, and an equitable commutation of tythes, would effectually answer the purpose of relief.

As the greatest part of this digression was sent to Ignotus by a gentleman possessed of the "Second Sight," it is here inserted in compliment to him.

A Carolina Pease-Soup.

Take any quantity of white pease, whole in preference to being split, and after being steeped two hours in cold water, put them into a pan with as much water as will cover them, After being thoroughly boiled, pulp them through a hair sieve and put them into some good broth, made of any kind of meat. Season with pepper and salt, and add some dried mint. To this soup, put some spoonfuls of rice, boiled very tender, and the yolk of one or two eggs; but after this do not suffer the soup to boil, as that would occasion the egg to curdle. Serve up hot.

OBS.

THIS constitutes a palatable variety of pease soup. It requires no fried bread. Ignotus is of opinion, that if a proper quantity of curry powder was added to the above, a good soup would be prepared under the title of a "Curry Pease Soup," and upon this invention he hazards his Culinary reputation. Heliogabulus offered rewards for the discovery of a new dish, and the British Parliament have given notoriety to inventions of much less importance than "Curry Pease Soup."

To dress a Beef Steak on the Moors.

THE steak being properly seasoned with pepper and salt, put it, with a bit of butter, into a vessel called a "Conjurer;" when, by the help of a few pieces of dry heath, or a sheet of waste paper, the meat will be sufficiently done in a very short time.

OBS.

THE vessel here named a "Conjurer," is made of tin, or sheet iron, with a lid so closely fitted that the rarified air cannot escape. It acts upon the principle of Papin's digester, and requires a small degree of heat. To render the steak more delicious, a few oysters may be put into the digester, and as this simple dish admits of a great variety, I shall venture to recommend the addition of some catchup, to please the palate as well as to satisfy the stomach. This is a good contrivance for persons whose affairs require economy in the management of their families, and yet whose employments in life may demand a course of substantial food. Gentlemen who, in the grouse season, go upon the moors, should be provided with this useful machine, which not only cooks meat, but expeditiously boils water. In such situations, a few handfuls of dry ling will make a convenient fuel. It stews moor-game very expeditiously.

A White Soup.

INTO six quarts of water put a knuckle of veal; one large fowl cut into quarters; half a pound of lean ham; half a pound of rice; two anchovies; a few pepper corns; two or three onions; a bundle of sweet herbs; and three or four heads of celery. Stew all together till the soup become sufficiently strong, then strain it through a hair sieve into an earthen pot; after standing all night, take off the fat, and pour the soup clear off into a stew-pan, and put into it half a pound of almonds beat very smooth; boil a short time, and run the soup through a lawn sieve; then put in a pint of cream, and the yolk of an egg. The almonds are not absolutely necessary. Serve up hot.

OBS.

THIS soup may be considered as chyle ready prepared, and cannot but meet with the approbation of Archæus, as it will be the means of shortening his trouble in the preparation of chyle.

Balnamoon Skink.

TAKE three or four young cocks, and after cutting them into quarters, put them into a pot with a sufficient quantity of water, but leave one of the fowls whole. When thoroughly boiled take out the whole fowl, and let the others be stewed down till the strength be completely drawn from the meat. Then strain the broth through a hair sieve, and return it into the pot, with a handful of chopped parsley, a few shred onions and chives, some young carrots, and any other vegetables. If the dish be prepared in summer, plenty of young pease should be added. When these are sufficiently boiled, put in the fowl that was taken out, and as soon as it has become thoroughly warmed, serve it up in the broth. Season with salt and pepper to the taste.

OBS.

THIS is a most excellent broth for persons of weak and tender constitutions, and for their use, is much preferable to broths made from shambles meat. It is best prepared in summer, when vegetables are young. In point of economy, as well as pleasure, it is a good method of disposing of young poultry, a mode of cookery practised, and well understood, in our sister kingdom. The fowl that is intended to be sent up, should be neatly trussed before being put into the broth. The others, being to be boiled down, do not require the same attention; so they need only to be cut into quarters, with a view to accelerate the extraction of their juices.—Ignotus, after consulting with Archæus, is of opinion, that the coarse part of a knuckle of veal, or the lean end of a neck of mutton, will not discredit this wholesome broth. A spoonful of curry powder, when added to the broth, would elegantly convert it into a "Curry Soup," in which case, it will require the addition of some rice, separately boiled. "Skink" is an old Scotch word for "Broth," and Ignotus wishes to retain the name in compliment to the nation where economy continues to be a prominent feature. At Balnamoon, Archæus has enjoyed many a good and wholesome dinner.

To stew Carp or Tench.

AFTER being gutted and scaled, wash and dry the fish well with a cloth. Dredge with flour, and fry them with dripping, or rendered suet, until the fish become of a light brown. Put them into a stew-pan with a quart of gravy; and the same quantity of red port wine; a spoonful of lemon pickle; a spoonful of browning; a spoonful of walnut catchup; a little mushroom powder; a large onion stuck with a few cloves; and some horse-radish scraped. Cayenne pepper to the taste. Cover the pan close to confine the steam, and stew gently over a stove fire, till the gravy be left just sufficient to cover the fish when put into the dish. Then take out the fish, and put them into the dish in which they are to be sent up. Put the gravy upon the fire, and thicken with flour, and a large lump of butter. Give a gentle boil, and pour the sauce over the fish. Garnish, if thought proper, with pickled mushrooms and some scraped horse-radish.

OBS.

In stewing all kinds of fish, the utmost care should be taken to have them sent up to the table as hot as possible; for nothing is so unsightly as to see the surface of the sauce in a frozen state. The same may be said of all made dishes, where the sauce makes a conspicuous part.

A Hare Soup.

CUT an old hare into pieces, and put it, together with a knuckle of veal, into a jug, with three blades of mace; a little salt; two large onions; two or three anchovies, or a red herring; six morels; and five quarts of water. Put the jug into a quick oven, where it must remain during the space of three hours, then strain into a stew-pan. Have ready two ounces of sago sufficiently boiled. Scald the liver and rub it through a hair sieve with the back of a spoon, and put it into the soup, with the sago, which however is not a necessary ingredient. Place the pan upon the fire, and add half a pint of red wine: keep stirring the soup, but do not suffer it to boil.

OBS.

No gravy can be extracted from the flesh of any animal equal in richness to what the hare affords; on which account, the lovers of good eating should consider every spoonful of hare soup as fraught with some danger in gouty and scorbutic habits. Among the Romans the hare was held in great estimation;

> Inter Quadrupedes gloria prima Lepus.
>
> MART.

Alexander Severus had a hare daily served up at his table. Cæsar says that the Britons did not eat the flesh of hare. *Britanni Leporem non gustant.*

Scotch Broth.

EARLY in the morning, put a few ounces of pearl barley into a pot, with a suitable quantity of water as may be wanted for the broth ; and after the barley has become soft, put in a knuckle of veal, or a few pounds of lean beef, the lean part of a neck of mutton, and a small piece of salt beef. At a proper time, put in all kinds of pot vegetables, such as carrots, turnips, onions, cabbage, celery, and pease, if in season. When sufficiently stewed, serve up along with the meat.

OBS.

This is a very wholesome dish for a private family, especially where there are children. It is one of the standing dishes in almost every house in Scotland, but not always with the salt meat. The only art required in making it, is to suffer it to boil slowly, and for a great length of time. Hasty boiling extracts the juices from all kinds of meat in a wasteful and imperfect manner.—This is well known in Scotland, where the spoon is more attended to than the knife. Meat roasted, or hastily boiled, gives Archæus a great deal of trouble during its residence in the stomach ; and unless where the gastric juice is in sufficient quantity, such solid morsels are with difficulty melted down into chyle.

To dress a Calf's Head.

TAKE a calf's head with the skin on. Scald off the hair, and when well washed, split the head and take out the brains. Boil the head till it become tender, then from one half of it take off the flesh and cut it into small pieces; dredge with a little flour, and let it stew on a slow fire for about a quarter of an hour in a rich white gravy made of veal, and mutton, a piece of bacon, and seasoned with pepper and salt, onion, and a very little mace. Take off the meat from the other half of the head in one whole piece, and roll it like a collar, after having stuffed it with forcemeat. Stew it tender in good gravy. When done enough, put it in a dish with the hash made of the other part of the head around it, and garnish with force-meat balls, fried oysters, and the brains made into cakes and fried in butter. Wine, truffles, morels, mushrooms, or any kind of seasoning, to the taste.

OBS.

THIS is a palatable way of dressing a calf's head; but it must be considered as a dish not very proper for such as are afflicted with painful fits of inflammatory gout.

A Tame Duck stewed with green Pease.

HALF roast a duck. Put it into a stew-pan, with a pint of good gravy, a little mint, and three or four leaves of sage cut small. Cover up close, and let the duck continue in the pan for half an hour. Put a pint of green pease, boiled as for eating, into the pan, after having thickened the gravy. Dish up the duck, and pour the gravy and pease over it.

OBS.

DUCKS, dressed in this manner, are full as mild as when roasted and sent up with seasoning and gravy. This dish may be eaten in defiance of gout or scurvy.

Stewed Pease with Calf's Foot.

STEW pease in the usual manner in gravy, to which put a small piece of sugar. Having some calf's feet ready boiled and boned, put them in the centre of the dish, and pour the pease over them.

OBS.

THIS is a very wholesome dish. It may be varied by substituting calf's head in the room of calf's feet, or any other tender meat. A few stewed oysters would not make a bad dish, with stewed pease poured over them; but Ignotus gives this only as a speculation, on the value of which Archæus must decide. Spinage, or sorrel, stewed in gravy, makes a good substitute for pease.

Green Pease stewed with Lettuce.

BOIL the pease in hard water with a little salt till nearly enough, after which let them be drained in a sieve. Cut the lettuces and fry them in butter; then put them and the pease into a stew-pan with some good gravy, pepper, and salt. Thicken with flour and butter, and add a little shred mint. Send up hot.

OBS.

THIS is a very pleasant savoury dish, and as far as a few spoonfuls go, is not capable of doing any harm.

Macaroni.

BREAK the required quantity of pipe macaroni into small pieces, and boil it in water till tender, with a small bit of butter, and an onion, stuck with three or four cloves. Strain the macaroni from the water, and when dry put it into a proper pan, with some grated Parmesan cheese, a bit of butter, some pepper and salt, and a little cream. Give the whole a gentle boil on the stove, taking care that it do not burn. When sufficiently done, put it into a dish, and serve up. Most persons strew some grated cheese over the surface, and brown with a salamander; but among cooks, that operation is not considered as an essential.

OBS.

MACARONI admits of great variety, of which many specimens are given by Ignotus.

Pease Pudding.

TAKE a pint and a half of yellow split pease, and after tying them loosely in a cloth, boil them in water till they have become tender. Then rub them through a cullender, or hair sieve, and add to the pulp a bit of butter, a spoonful of cream, three eggs, with pepper and salt. After being uniformly mixed, put the pease into a cloth, and boil for the space of half an hour, to make the ingredients set.

OBS.

In this country, boiled pork is never presented without its satellite, pease pudding; and as much of its goodness depends upon the nature of the pease, care should be taken that they be of the melting sort, and whole in preference to being split. It is a good practice to steep the pease in cold water for an hour, before the boiling.

A Dunelm of Mutton.

TAKE the caul sent in with a leg of veal, and lay it in a dish nearly as deep as a punch-bowl. Then take the lean part of a leg of mutton, chop it very small, and add to it a third of its weight of suet and some beef marrow, the crumbs of a penny loaf, the yolks of four eggs, two anchovies chopped small, half a pint of red wine, the rind of half a lemon grated, and some pepper and salt, Mix all like sausage meat, and lay it in the caul placed in the dish. Close all up with the caul that hangs over, and send the dish to bake in a quick oven. When sufficiently done, turn it upon a dish, and pour over it some hot brown gravy. Send up with venison sauce in a boat. In the north, this is called, a Royal Haggis.

OBS.

It is a singular circumstance, that persons of a gouty habit should be most fond of high-seasoned dishes, such as the above. To deprive so numerous a class of men of a gratification that Nature so loudly calls for, would be deemed an act of cruelty; and as Ignotus himself belongs to that class of men, he ventures to make the following proposal for the good of all: Let the Podagric enjoy his savoury dishes, on condition that every fourth day he submits to eat fish, plain meat, and a meagre soup. To this mode of living, Archæus can have no reasonable objection, especially as the family physician will be disposed to interpose, now and then, some gentle physic. Upon this head, Celsus speaks very sensibly where he says, "That a healthy man under his own government, ought not to tie himself up to strict rules, nor to abstain from any sort of food; That he ought sometimes to feast and sometimes to fast."—When applied to eating, nothing is more true than that, *Bonarum rerum consuetudo pessima est.*

Fish Sauce for keeping.

TAKE twenty-four spoonfuls of white wine, twenty spoonfuls of white wine vinegar, a few spoonfuls of catchup, a bunch of sweet herbs, some onions sliced, a few pickled mushrooms, and a small quantity of pepper. Let these ingredients simmer together about a quarter of an hour, then strain through a fine sieve, and bottle for use. To half a pound of butter rolled in flour, put six spoonfuls of the above liquor, and when put into the sauce-pan, add a spoonful of cream. Keep shaking the pan one way till the whole form an uniform mixture.

OBS.

THIS is a very mild sauce; and as the quantities of some of the ingredients are but vaguely stated, the housekeeper is here desired to supply that deficiency; and indeed, the same omission will apply to many other receipts contained in this small volume, all of which every housekeeper, if she is upon good terms with Archæus, will be able to supply.

A cheap Fish Sauce.

TO half a pound of melted butter, put the yolks of two eggs, well beat, and a spoonful of elder vinegar. Shake, or stir, one way till the whole be well incorporated.

OBS.

THIS sauce was communicated to Ignotus by a Burgomaster of Amsterdam on his death bed.

A Savoury Shoulder of Veal.

TAKE a shoulder of veal and cut off the knuckle and flaps. Skin it as is done with a loin of mutton, taking care to leave the skin fast at the knuckle end. Then lard the joint very thick with fat and lean bacon, sprinkling over it some pepper and salt. Rub the surface over with the yolk of an egg, and strew upon it some grated bread, a little fresh parsley shred small, some lemon-peel chopt very fine, and a few pickled mushrooms minced very small. Over these return the skin, and skewer it down. Put the shoulder into a stew-pan with a lump of butter. Stew till of a light brown, and keep turning it to prevent its sticking to the pan. When made brown, put to it a quart of water and a spoonful of catchup. Let it stew till sufficiently done, which may be known by the loose appearance of the bone. Thicken the gravy with a little flour and butter, and when ready to be served up, remove the skin. Add forcemeat balls, mushrooms, truffles, and morels. The larded side to be uppermost in the dish. Garnish with slices of lemon.

OBS.

WHEN well dressed, this is a most excellent dish, but it requires a considerable degree of attention on the part of the Cook, particularly in the manner of taking off the skin, which, from its extreme thinness, can only be done by attaching a thin slice of the meat. This operation requires a sharp knife and a steady hand. Where there is a gouty tendency, this dish must seldom be indulged in.

A Fish Soup.

TAKE two small codlings, and after cleaning them well, cut them into pieces, reserving one piece for forcemeat, to be used hereafter. Put the fish into a stew-pan, with onions, celery, turnips, parsnips, a bunch of sweet herbs, and two anchovies. To these add three quarts of boiling water, and stew together for the space of two hours. Then strain, and add the meat of three lobsters, cut small, two spoonfuls of essence of anchovy, with pepper and salt to the taste. Make forcemeat balls of the reserved piece of fish with some crumbs of bread, sweet herbs, a piece of butter, four yolks of eggs, and one anchovy shred small. Put these into the soup, with the crust of a French roll, and let them simmer for the space of twelve minutes; then serve up very hot.

OBS.

THIS is a very good soup, both in, and out of Lent.

To butter Crabs.

PICK the meat from two or three crabs, and put it into a sauce-pan with a quarter of a pound of butter, a spoonful of lemon juice, three spoonfuls of gravy, with pepper, salt, and nutmeg to the taste. Give a gentle boil, and serve up hot.

OBS.

THIS is a very savoury dish. It is usual to send it up in the shell of a crab, but that is a vulgar way.

Potted Beef.

TAKE four pounds of beef, free from skin or sinews, and rub it over with a composition of sugar, salt, and salt-petre, about half an ounce of each to the quantity of beef. In that state, let it lie for twenty-four or forty-eight hours, turning it over three or four times. Then put it into an oven with a little chopped suet, and about half a pint of water. When sufficiently stewed, drain the fat and gravy from the meat, and pound it in a marble mortar till it become perfectly smooth, adding to it some Cayenne, white pepper, salt, a little pounded mace, a little of the clear gravy, and about half a pound of butter melted to an oil, and added gradually during the beating. When reduced to an uniform and smooth consistence, put it into pots, and cover with melted butter.

OBS.

When the stomach requires solid animal food, and is deprived of the assistance of mastication, this kind of potted meat may be recommended, as being restorative, and easy of digestion.

A Cream Cheese.

TAKE a quart of cream, and pour upon it half a pint of new milk, so heated as to make the whole of the warmth of milk from the cow. Then add to it two spoonfuls of rennet, and let it stand before the fire till the curd be formed. Break the curd as little as possible, and put it into a frame made of oak wood, seven inches long within, four inches wide, and three inches and a half deep. This frame being open at the top and bottom, it must be placed upon rushes to permit the whey to run out; to encourage which, a board must be put within the frame to support a weight to press down the curd, between which and the curd some rushes must be put. After standing two days, the rushes must be renewed, when the cheese should be taken from the vat, and turned as often as necessary.

OBS.

THIS is thought, by some, a much better cheese than when made of all cream without rennet, as it contains a due proportion of cheesy and butyraceous matter. In making cream cheeses, the utmost attention should be paid to the rennet, which ought to be perfectly sweet. Without this precaution, it will be impossible to make a good cream cheese.

To stew Pease.

PUT a quart of geeen pease into a pan, with two cabbage lettuces, four young onions, a little thyme, mint, pepper and salt, and some hard water. After boiling till the pease are half done, pour off the water, and put in a pint of gravy, with a slice of lean ham, and a lump or two of sugar. When the pease are become sufficiently tender, thicken with butter rolled in flour; and when served up, remove the ham.

OBS.

STEWED pease are, in general, an acceptable dish, but being disposed to produce a considerable degree of flatulency, they are not, in all cases, to be recommended. Upon the whole, the pease will stew very well without the lettuces and onions.

Mutton Chops.

CUT the best part of a neck of mutton into chops, and season them with pepper and salt. When put upon the gridiron, let the fire be clear, and very hot, and keep frequently turning the chops. When sufficiently done, send them up as hot as possible. The best chops are cut from that part of the neck which is covered with fat, and which must be carefully removed. At the same time, the ends of the bones must be neatly chopped off.

OBS.

THIS is a true English dish; and as much of its merit depends on its being sent up hot, it can only, with propriety, make its appearance *solus*. A chop amateur can only relish it in the place where it is cooked, or within a few yards.

Fish Turtle.

AFTER frying some slices of Ling, put them upon a fish plate, to drain for further use. Skin some skate, and after cutting it neatly into large square pieces, let it be boiled in water till enough. Then have in readiness some strong beef gravy, well seasoned, and thickened with butter rolled in flour. Put the gravy into a stew-pan with the fried ling, and skate, together with the meat of a lobster, a score of oysters and a spoonful of essence of anchovy. Then stew till the whole be sufficiently warmed, and serve up to table. Some wine may be added.

OBS.

THIS is a very savoury dish, and well calculated to give satisfaction to those who do not stand in in fear of the evils that attend upon crapulary indulgence.

Gallina Curds and Whey.

TAKE a number of the tough coats that line the insides of the gizzards of turkeys and fowls, and after clearing them from the contained pebbles, strew a little salt upon them and hang them up to dry. When intended for use, break a few pieces, and pour upon them some spoonfuls of boiling water. After standing all night, the infusion may be used in the same manner as rennet, made from the stomach of a calf.

OBS.

IT is a singular circumstance, that those strong semi-cartilaginous substances should have the power of coagulating milk, forming curds and whey of a sweeter and more delicate nature than what are made by rennet. In poultry, the crop or first stomach, does not seem to contain any gastric juice, its office being only that of a macerating vessel. The gastric juice is, conse quently, to be sought for in the gizzard, or second stomach, where it acts in aid of the trituration, an operation performed by the strong muscular action of the gizzard upon the contained pebbles. Without this contrivance, the seeds and grains on which the poultry feed, would pass, without contributing any thing towards nutrition. Birds of prey, whose food consists of animal substances, have no gizzard, as they do not stand in need of such an organ, their digestion, from the nature of their food, being of necessity performed in a muscular crop.

This preparation of milk, when sweetened with sugar, makes a wholesome supper for persons of a delicate, or consumptive habit, being entirely free from the disagreeable flavour of rennet.

Milk consists of cheesy, butyraceous, and watery parts; and, on account of the warmth, and the mechanical process of the stomach, joined to the chemical properties of the acid generated in it, milk necessarily is made to coagulate in all stomachs. Indeed, it makes no difference whether we take the cream, cheesy part, or whey, in succession, or whether we consume them united in the mass of the milk. In the former case, the separation takes place without, and in the latter within the stomach. Such being the case, this preparation of milk is a more elegant form than milk alone, and will, in general, be as acceptable to the stomach.

Chocolate Cream, in paste.

AFTER shaving the required quantity of chocolate, boil it gently in milk and sugar, with a little lemon peel. When sufficiently mixed, take out the lemon peel, and when nearly cold, add four or five yolks of eggs. Then set it upon the fire, and keep constantly stirring it, to prevent its curdling, but do not permit it to come to a boil, though nearly so. When the mixture has become quite uniform, pour it upon a crust of puff paste made into any form.

OBS.

THIS is a very palatable preparation of chocolate for a second course. It may either be sent up open, or covered with spun sugar. Some persons put pulped apples under the chocolate, in order to give a gentle acidity to the preparation, whereby the lusciousness of the chocolate is taken off. It is a good restorative dish.

Mock Turtle Soup.

TAKE a calf's head with the skin on, and after scalding off the hair, boil it for the space of twenty minutes, or half an hour, and whilst it remains warm, cut it into small squares. Have ready some good broth, made of a knuckle of veal, five or six pounds of gravy-beef, with carrots, turnips, onions, and celery. Put the head into a stew-pan with the broth, and after being stewed, add to it a bundle of sweet herbs, basil, thyme, marjoram, winter savory, and a little sage, three or four anchovies, a small portion of pounded spice, and a few onions. Boil these together, until the head has become sufficiently tender for eating. Then strain through a fine sieve, and thicken the soup with flour and butter, adding some white wine, pepper, salt, lemon juice, and Cayenne pepper. Return part of the head into the soup, taking care to pick off any bits of herbs that may be found hanging to the meat. Add forcemeat and egg balls. Boil together for the space of a few minutes and serve up hot.

OBS.

THIS soup is capable of giving a considerable degree of gratification to the lovers of good eating, and if not too frequently indulged in, Ignotus will promise for Archæus, that he will suffer it to pass without examination.

Crimping Fish.

IN Holland, and in families where the dressing of fish is scientifically attended to, the operation of crimping is performed upon most kinds of fish. When it can be done, this cruel operation is performed upon the living fish; but it answers nearly as well, if performed within a few hours after death. The fish, when scored to the bone, is said to be crimped, in which state, or cut into pieces, it is committed to the fish-kettle, after lying a few hours in cold salt and water.

OBS.

HERE a question occurs, why the Epicure should give the preference to fish after it has parted with a considerable portion of its rich and soluble parts in the boiling water? Of this question, Ignotus can see no other solution than, that as the fish has become harder, the masticating powers are longer employed, to the great comfort of the Epicure, whose palate would reluctantly part with a soft morsel, if another was not immediately to follow.

To stew Pease.

PUT a quart of pease into a stew-pan, with about a quart of gravy, some pepper and salt, and a lump or two of sugar. Stew till the pease become sufficiently tender, and thicken, if required, with a piece of butter rolled in flour. Serve up as hot as possible, in a covered dish. Some add a slice of lean ham, to be taken out when the pease are sent up.

OBS.

IGNOTUS does not approve of stewing a variety of vegetables with the pease, as they serve only to disfigure the dish, without adding any thing to the flavour of the pease. The gravy must be strong. When the pease are old, they should be half boiled in hard water before being put into the stew-pan.

Potted Beef.

PUT four pounds of beef into an earthen pot, with a few blades of bruised mace, a marrow-bone, and a pint of water. Let the pot remain for the space of three hours in a hot oven: after which, the beef and marrow, with as much of the gravy as may be required, should be pounded, and reduced to a smooth pulp in a marble mortar, all hard and sinewy parts being previously removed. Then take half a pound of anchovies, and after washing and boning them, let them be reduced to a pulp, with a little of the gravy that came from the beef. Season with pepper and salt, and after beating the anchovy and beef into an uniform mass, put it into pots, and cover with melted butter in the usual way. Half an ounce of saltpetre, and the same quantity of sugar and salt, should be rubbed into the meat twenty-four hours previous to its being put into the oven.

OBS.

THE marrow and anchovy not only add to the flavour of the meat, but serve to keep it longer in a moist state. Some persons use oiled butter instead of marrow, but Ignotus gives the preference to marrow, as being more congenial to the beef.

Savoury Jelly.

MAKE a stiff jelly with beef, veal, and ham; season with pepper and salt, a blade or two of mace, and an onion. When blood-warm, put to it the whites of two or three eggs, and run it through a jelly-bag. When clear, pour the jelly upon the meat.

OBS.

GOOSE-PIE, or any kind of meat-pie intended to be eat cold, will receive much improvement from being covered thick with a savoury jelly, which should be quite clear, and as transparent as a Topaz; to effect which it should be made over night, and gently warmed in the morning.

Stewed Cod.

CUT some slices of cod, and season with nutmeg, pepper, and salt. Put them into a stewpan with three gills of water, and a little gravy. Cover up close, and after stewing a short time, put in half a pint of white wine, some lemon juice, a few oysters with their liquor, a piece of butter rolled in flour, and two or three blades of mace. When the fish is sufficiently stewed, which will be in about fifteen minutes, serve up, with the sauce over it.

OBS.

THE Society established for the suppression of vice, having taken into their serious consideration the immoral tendency of high-seasoned dishes upon the manners of mankind, readily prevailed on the Minister to meet their wishes, by laying a heavy duty on pepper, salt, and wine, thinking, that by cutting off the sources of culinary inflammation, the simplicity of ancient times would be restored. But, like most plans of reformation, the "good intention" was the only thing left for the consolation of the projectors, as Perigord pie, Tench, and Turtle, rose twenty per cent. immediately on the duties being laid. An instance of the obstinacy and depravity of mankind.

Eborised Woodcocks.

CUT in pieces two Woodcocks that have been half roasted, and put them into a stew-pan with three quarters of a pint of gravy, an onion stuck with a few cloves, some pickled mushrooms, a small anchovy, a piece of butter rolled in flour, a blade of mace, and pepper and salt to the taste. Simmer for about fifteen minutes, (but do not boil) towards the end of which time, put in half a pint of red wine. Serve up hot, and in a dish ornamented round the brim with paste.

OBS.

WOODCOCKS are generally roasted, but where they are plentiful, this mode of dressing constitutes a palatable variety. In all stews and sauces where wine is required, it should not be put in too early, as the culinary heat would effectually dissipate the spirit.

Bread for Toast and Butter.

TAKE two pounds of flour, after being gently warmed before the fire, and rub into it half a pound of warm mealy potatoes. When well mixed, add a proper quantity of yest and salt, with warm milk and water sufficient to make into dough, which must be allowed two hours to rise, before being formed into a loaf. Put the loaf into a tin to preserve its shape, and when placed in the oven, take care that it be not over-browned.

OBS.

THE lovers of toast and butter will be much pleased with this kind of bread. The potatoe is not here added with a view to economy, but to increase the lightness of the bread, in which state it will imbibe the butter with more freedom.

A tame Duck stewed with green Pease.

AFTER putting some sage and onion into the body of the duck, half roast it, and put it into a stew-pan with a pint of gravy, a little mint, and a few leaves of sage, chopped small. Cover up close, and after stewing about half an hour, put in a pint of green pease lightly boiled, and a few grains of salt. Thicken the gravy with butter and flour in the usual manner. When sufficiently stewed, dish up the duck, with the gravy and pease poured over it.

OBS.

THOUGH this is a savoury dish, it cannot be considered as an inflammatory one.

To stew a Hare.

CUT up the hare as for eating, and put it into a large sauce-pan, with four pints of beef gravy, an onion stuck with cloves, a bit of horse-radish, two blades of mace, one anchovy, a spoonful of walnut catchup, one of browning, half a lemon, Cayenne pepper and salt to the taste. Cover up very close that the steam may not escape, and stew over a gentle fire for the space of two hours, towards the end of which, pour in half a pint of red wine. When done enough, put the meat into a soup dish, and thicken the gravy with a lump of butter rolled in flour. Give a gentle boil, and pour the gravy over the hare.

OBS.

This is a very savoury dish, and is liable to the objections made to high-seasoned dishes in gouty habits.

To stew a Hare.

THE hare being cleaned from blood, let it be put into cold water, where it should remain for the space of an hour. Then cut it into pieces, and put it into a stew-pan, with a few corns of pepper, a bundle of sweet herbs, one carrot, and an onion stuck with cloves, but no water. Stew gently over a slow fire, and in about two hours all the gravy will be drawn from the meat. Then strain, and thicken the gravy with butter rolled in flour, adding at the same time, some broth, and a cupful of port wine. Season to the taste with pepper, salt, and powdered mace. Give a gentle boil, and serve up in a deep dish.

OBS.

This is a better way of dressing a hare than jugging it in an oven. When sent up to the table, the pieces must be neatly disposed of in the dish, but the head should not be sent up; neither should the bare bones of the legs and wings make their appearance, as they would disfigure the dish. Stews and soups that require wine and spices, should not have them put in too early, as a continued heat will exhaust the strength of the wine and destroy the flavour of the spices. This is a dish pregnant with gout, and should not be placed before a gouty gentleman who is not possessed of a large share of self-denial.

> ————The pleasant savoury smell
> So quicken'd appetite, that I, methought,
> Could not but taste it.
>
> PARADISE LOST.

To stew Partridges.

AFTER trussing the Partridges, stuff their craws with forced meat, and lard them down the sides; then roll a lump of butter in pepper, salt, and powdered mace, and put it into the bodies. Sew up the vents, and after dredging them, fry them to a light brown; then put them into a stew-pan, with a quart of gravy, two spoonfuls of

Madeira, or white wine, a spoonful of mushroom catchup, two tea-spoonfuls of lemon pickle, an anchovy, a quarter of a lemon sliced, and a sprig of sweet marjoram. Cover up close, and stew for about half an hour; after thickening the gravy, if necessary, pour it over the partridges, and serve them up with boiled artichoke bottoms, cut in quarters, and placed round the dish.

OBS.

THIS is a savoury dish; and though Archæus is an enemy to high-seasoned dishes, Ignotus is of opinion that he will not object to it, if not too often repeated. Stomachs may be so far vitiated as to lose all relish for plain roast, or boiled meat, in which case the patient should apply to his physician, rather than persevere in the constant use of savoury and high-seasoned dishes, to the great annoyance of Archæus, who cannot discharge his necessary duty without a supply of such bland particles as are afforded by unadulterated flesh meat.

Pease Soup, Maigre.

TO a quart of split pease put three quarts of water, and boil gently till the pease are perfectly dissolved; then pulp them through a sieve, and return them into the water, with the addition of carrots, turnips, celery, leeks, thyme, sweet marjoram, onions, three anchovies, or a red herring, and a few pepper corns. When sufficiently stewed, strain, and put to the soup some browning. Add catchup and salt. Send up with fried bread cut into small squares.

OBS.

THIS is a good set-off against high-seasoned dishes. An occasional abstinence that does not allow the stomach to be quite empty at any one time, is a measure highly salutary, and for religious purposes, is, perhaps, preferable to long fasting, a practice medically to be condemned. An honest Physician who, regardless of his fees, can view with pleasure the healthy state of a family where he has been received with kindness, will be happy in the recommendation of a practice that is calculated to preserve the general health of his friends. But to the disgrace of a profession, otherwise useful and honourable, there are some men, who, like the savages upon a rocky coast, view an epidemical disease as a "God-send."

A Fish Soup.

TAKE four pounds of scate and four quarts of water. Boil down to two; then add six onions, some sweet herbs, parsley, carrots, and turnips, with a small bit of celery. When sufficiently boiled, strain off, and thicken with a piece of butter rolled in flour. Take the inside of a small roll and fry it. Then chop some of the fish with a little parsley and butter, and put it to the soup, with seasoning to the taste. Fill the roll with some of the fish, and send up hot in a tureen.

OBS.

In this receipt for a maigre soup, much is left to the taste of the Cook. It constitutes a very palatable dish, and comes well recommended to Ignotus. A few spoonfuls of catchup cannot be objected to.

A Lobster Soup.

TAKE two small codlings, and after washing them clean, cut them into pieces, reserving one piece, to be used hereafter. Put the fish into a stew-pan with some onions, celery, turnips, carrots, parsnips, a bunch of sweet herbs, and three anchovies. Stew slowly for the space of two hours with two quarts of water; then strain, and put to the soup the meat of three lobsters cut into small pieces, and thicken with a piece of butter rolled in flour. Take the reserved piece of fish, and with it and some crumbs of bread, sweet herbs, a piece of butter, four yolks of eggs, and one anchovy, form balls, to be put into the soup. Add the crust of a French roll. Season to the taste, and simmer for the space of fifteen minutes. Then serve up in a tureen, as hot as possible.

OBS.

THIS is a wholesome Lent dish, and not difficult in the preparation.

A Green Pease Soup, Maigre.

BOIL pease, turnips, carrots, celery, onions, anchovies, leeks, and all sorts of sweet herbs, in the requisite quantity of water. When sufficiently tendered, strain, first through a cullender, then through a sieve. Take a quarter of a pound of butter rolled in flour; brown it, and add it to the soup, with two or three spoonfuls of catchup. Add some cut turnips, carrots, leeks, and lettuce, after being separately boiled. Season with pepper, and salt. If wished to be green, bruise some spinage, and add the juice to the soup when about to be removed from the fire.

OBS.

THE ingredients of this soup not being minutely described as to quantities, much must be left to the taste and judgment of the Cook in the composition of this very excellent maigre soup.

A White Pease Soup, Maigre.

TAKE half a pint of whole white pease, and boil in three quarts of water, with four large onions, a bundle of sweet herbs, one head of celery, four blanched leeks, one parsnip, one carrot, one turnip, three cloves, and two or three blades of mace. When sufficiently softened, rub the ingredients through a sieve, and put them and the soup again upon the fire, with a piece of butter rolled in flour. Having beat the yolks of three eggs into a pint of cream, put them gradually into the soup, which must not be suffered to boil. If agreeable, some fried spinage and fried bread may be added.

OBS.

THIS is a very good maigre soup. Whole pease exceed in flavour those that are split.

To roast a Fowl with Chestnuts.

BOIL about a dozen and a half of chestnuts till tender, and after taking off the outer and inner coats, pound a dozen of them in a mortar. Parboil the liver of the fowl, and beat it smooth, together with a quarter of a pound of bacon. When the bacon is sufficiently pounded, add parsley and sweet herbs chopped fine, and season with pepper and salt, and such spices as are most agreeable. Add the pounded chestnuts, and with the mixture fill the crop and body of the fowl. For sauce, take the remaining chestnuts, and after pounding them very smooth, put them, together with a few spoonfuls of gravy, and a glassful of white wine, into some melted butter. When served up, pour the sauce over the fowl, or only into the dish.

OBS.

A fowl so stuffed, must be roasted upon a hanging spit, with the neck downwards. This is a dish of French extraction, and if scientifically conducted, will be found very palatable. The English Cooks keep all their spices in separate boxes, but the French Cooks make a spicey mixture that does not discover a predominancy o any one of the spices over the others. In this there is a great deal of good sense, as it enable them to season their dishes in an equal an uniform manner, which is not the case with us Upon this principle, the Curry powder is pre pared.

An Omelette.

BREAK any number of eggs, and put to the the juice of an orange. Season with a little sal and put in a few spoonfuls of gravy. Beat u all together, and put the mixture into a pan in which a portion of butter has been melted. Take care that the omelette does not stick to the pan, and be careful that it does not remain too long upon the fire, as that would occasion it to become tough and hard. A salamander held over the surface will take off the raw appearance of the eggs; but folding over is the better way.

OBS.

THIS kind of omelette was the invention of a lady who had it regularly served up at her table three days in a week, and who died at the age of ninety-seven, with a piece of it in her mouth. Persons who form their judgments on a few accidental cases, are at liberty to use this, in proof of fried eggs having the property of lengthening life beyond the period of three score and ten. This being an age of credulity, the parent of imposition, Ignotus is informed from respectable authority, that in consequence of this accidental longevity, eggs rose ninety per cent. in the small town of Wells, in North America, where the old lady was born and died.

An Anchovy Toast.

TAKE six or seven anchovies, and after boning and skinning them, pound them in a marble mortar, with half an ounce of butter, so as to make the mass of an uniform colour. Spread upon narrow pieces of toasted bread; or it may be sent up in the form of a Sandwich. For this purpose, there is a very good anchovy paste sold at the oil-shops.

OBS.

THIS savoury toast is sufficient to quiet a craving stomach at noon, without the aid of ham, chicken, or cold beef. "Woe unto thee, O Land, when thy Princes eat in the morning." Archæus complains, that the innovation of eating meat between meals gives him an intolerable degree of trouble, as it takes up the time that he could better employ in his other important duties.

Van Helmont gave the name of Archæus to a spirit that he supposed existed in the body, for the purpose of regulating and keeping in order the innumerable glands, ducts, and vessels; and though this spirit visits every part, his chief post is at the upper orifice of the stomach, where he acts the part of a custom-house officer, allowing nothing to pass unexamined that, by the law of nature, has the appearance of being contraband. This part of his duty being only required during meal-times, the remaining part of the twenty-four hours (for he never sleeps) is employed in rubbing, scrubbing, and repairing the waste of the body occasioned by the continual friction of the fluids against the sides of the containing vessels. For this last purpose, and an important one it is, he is supposed to select from the chyle such particles as he may stand in need of; but as he may sometimes be in want of one kind more than of another, he very judiciously obtains it by bringing on a *longing* for a particular kind of food. For example; when the internal coat of the intestines is abraded by a Diarrhœa or Dysentery, a longing is brought on for fried tripe with melted butter, as containing the greatest quantity of materials proper for the repair of bowels so disordered. To this circumstance, modern physicians do not sufficiently attend, neither are they sufficiently awake to the necessity of prescribing a diet for persons in health, whose chyle should be of a nature for supplying Archæus with *general* materials without compelling him to call for them. The folly, therefore, of keeping to one kind of diet, whether high or low, is abundantly evident, as in that case, Archæus must sometimes be overstocked with materials that he may have no occasion for, and be in want of such as his office may stand in need of. And here it will be necessary to remark, for the information of medical men, that a microscopical examination of the chyle of different men, made after sudden deaths, has proved to a demonstration, that the chyle of the human body contains different shaped particles, round, oval, long, square, angular, kidney-shaped, heart-shaped, &c. varying according to the food taken in. In consequence of this important discovery, the practitioner has only to direct such food as may contain the particles that Archæus may stand in need of. For example: Are the kidneys diseased? Then prescribe stews and broths, made of ox, deer, and sheeps' kidneys. Asthmas require dishes prepared from the lungs of sheep, deer, calves, hares, and lambs. Are the intestines diseased? Then prescribe tripe, boiled, fried, or fricasseed. When this practice has become general, Archæus will be enabled to remove every disease incident to the human body, by the assistance of the cook only. And as all persons, from the palace to the cottage, will receive the benefit of my discovery, I shall expect a Parliamentary reward, at least equal to what was given to Mrs. Stevens, Dr. Jenner, and Dr. Smyth. On the last revision of the College Dispensatory, among other things of less moment, such as ordering fomentations to be made with distilled water, the name of Archæus was changed into Anima Medica, as more expressive of a *Maid Servant of all Work*. With men of deep researches, I will not dispute the propriety of the alteration, as I conceive that such a violence could not be done but after serious investigation.

In order to give my readers a more comprehensive idea of the government and powers of Archæus, I shall beg leave to present them with the following Dialogue between him and Dr. Franklin, when in France, on the subject of the gout, which for sound sense exceeds all that has ever been written on that dreadful malady.

Dialogue.

Dr. Franklin. Eh! Oh! Eh! what have I done to merit these cruel sufferings?

Archæus. Enough, Enough: you have ate, and drank too much, and over indulged those legs of yours in their indolence.

Dr. Franklin. Who is it that thus accuses me?

Archæus. It is I, even I, Archæus.

Dr. Franklin. What! my enemy in person!

Archæus. No! not your enemy.

Dr. Franklin. I repeat it, my enemy; for you would at once torment my body to death, and ruin my good reputation: you reproach me as a glutton and a drunkard; now all the world that knows me will allow that I am neither the one nor the other.

Archæus. The world may think as it pleases: it is always very complaisant to itself, and sometimes to its friends; but I know full well that the quantity of nourishment proper for one who uses suitable exercise would be too much for another who uses none.

Dr. Franklin. I take—Eh!—Eh—as much exercise—Eh!—as I can. You know my sedentary state; and, in regard to that, it would seem, Sir, you might spare me a little, seeing it is not altogether my fault.

Archæus. Quite otherwise; your rhetoric and your politeness are thrown away; your apology avails nothing. If your situation in life is a sedentary one, your amusements and recreations should be active. You ought to walk or ride; or if the weather prevent that, play at Billiards. But let us examine your course of life. While the mornings are long, and you have leisure to go abroad, what do you do? Why, instead of gaining an appetite for breakfast, by salutary exercise, you amuse yourself with books, pamphlets, or gazettes, which commonly are not worth the reading. Yet you eat a large breakfast, four dishes of tea, enriched with slices of hung beef and ham, which I fancy are not the most digestible things. Immediately afterwards, you sit down to writing at your bureau, or discourse with persons who apply to you on business; thus the time passes till one, without any kind of bodily exercise. But all this I could pardon, in regard as you say, to your sedentary condition. But what is your practice after dinner. Walking in the beautiful gardens of those friends, with whom you have dined, would be the choice of men of sense: yours is to be fixed down to a game of chess, where they find you thus engaged for two or three hours! This is your perpetual recreation, and the least eligible of any for a sedentary man, because, instead of accelerating the motion of the fluids, the rigid attention it requires helps to retard the circulation, and obstructs internal secretions. Wrapt in the speculations of this thoughtful game, you destroy your constitution. What can be expected to result from such a course of living, but a body replete with stagnant humours, ready to fall a prey to all kinds of dangerous maladies, if the gout did not bring you relief by settling these humours in their proper places. If it was in some alley in Paris, deprived of walks, that you played a while at chess, who would not excuse you? but the same taste prevails with you in Passey, Auteuil, Montmarte or Savoy: places furnished with the finest gardens and walks; and beautiful ladies, who there breathe a pure air, and render the air still more inviting by their most agreeable and instructive conversation; all which you might enjoy by frequenting the walks! But all are as certainly rejected for this abominable game of chess. Fie, then, Dr. Franklin! But amidst my instructions, I had almost forgot to bestow some wholesome correction: so take a twinge.

Dr. Franklin. Oh! Eh! Oh! Ohhh! As much instruction as you please, Sir, and as many reproaches; but pray, Sir, a truce with your corrections.

Archæus. The very reverse; I will not abate a particle of what is so much for your own good; so take another twinge.

Dr. Franklin. Oh! Ehh! Its not fair to say I take no exercise, when I take it very often; going out some miles to dine, and returning in my carriage.

Archæus. This, of all imaginable exercises, is the most slight and insignificant, if you allude to the motion of a carriage suspended on springs. In observing the degree of heat obtained by the different kinds of movement, one may form an estimate of the quantity of exercise given by each. Thus, for example, if you turn out to walk in winter with cold feet, in an hour's time you will be in a glow all over; ride on horseback, the same effect will scarcely be produced by fours hours round trotting; but if you loll in such a carriage as you use, you may go a journey, and gladly enter the last inn, to warm your feet, by a fire. Flatter yourself, then, no longer, that an hour's airing in your carriage deserves the name of exercise. Providence has appointed few to roll in carriages—to all he has given a pair of legs, which are, in truth, machines infinitely more commodious and serviceable. Be grateful, then, and make a proper use of yours. Would you know how they forward the circulation of your fluids in the very action of transporting you from place to place; observe when you walk, that all your weight is alternately thrown from one leg to the other; this occasions a great pressure on the vessels of the foot, and propels their contents. When relieved, by the weight being thrown on the other foot, the vessels of the first are allowed to replenish; and by a return of the weight, this repulsion again succeeds: thus accelerating the circulation of the blood. The heat produced in any given time, depends on the degree of this acceleration; the fluids are shaken, the humours attenuated, the secretions are facilitated, and all goes well; the cheeks are ruddy, and health is established. Behold your fair friend at Auteuil, a lady who received from bounteous Nature more really useful science, than half a dozen such pretensions to philosophy as you have been able to extract from all your books. When she honours you with a visit, it is on foot; she walks all hours of the day, and leaves indolence and its concomitant maladies to be endured by her horses. See at once the preservative of her health, and personal charms. On the other hand, when you arrive at Auteuil, its in your carriage, though its no farther from Passey to Auteuil, than from Auteuil to Passey.

Dr. Franklin. Your reasonings grow very tiresome.

Archæus. I stand corrected; I will be silent and continue my office; take this, and this.

Dr. Franklin. Oh! Ohh!—Talk on, I pray you.

Archæus. No, no; I have a good number of twinges for you this night, and the rest you may be sure of to-morrow.

Dr. Franklin. What, with such a fever; Eh! Eh!—I shall go distracted; can no one bear it for me?

Archæus. Ask that of your horses; they have served you faithfully.

Dr. Franklin. How can you so cruelly sport with my torments?

Archæus. I am very serious: I have here a list of your offences against your own health distinctly written, and can justify every pang inflicted on you.

Dr. Franklin. Let's hear it then.

Archæus. Its too long in detail; you shall have it briefly.

Dr. Franklin. Proceed—I am all attention.

Archæus. Can you remember how often you have appointed the following morning for a walk in the grove of Boulogne, in the garden de la Muette, or in your own, and that you violated your promise; alleging, at one time it was too cold, at another too warm, too windy, too moist, or too what else you pleased; when in truth it was to nothing but your insuperable love of ease.

Dr. Franklin. That I confess may have happened sometimes; probably ten times in a year.

Archæus. Your confession is very imperfect the gross amount is one hundred and ninety-nine times.

Dr. Franklin. Is it possible?

Archæus. So possible, that it is fact; you may rely on the accuracy of my statement. You know Mr. B——'s gardens, and what fine walks they contain; you know the handsome flight of a hundred steps which lead from the terrace above to the level below. You have been in the practice of visiting this amiable family twice a week after dinner, and it being a maxim of your own invention, that "one may take as much exer-"cise in walking a mile up and down stairs, as "in ten on level ground," what an opportunity was here for you to exercise in both these ways? Did you embrace it, and how often?

Dr. Franklin. I cannot at once answer this question.

Archæus. I will do it for you; not once.

Dr. Franklin. Not once!

Archæus. Even so; all the summer you went there at six o'clock. You found the charming lady, with her lovely children and friends, eager to walk with you, and entertain you with their agreeable conversation; and what has been your choice? Why to sit on the terrace, satisfying yourself with the fine prospect, and passing your eye over the beauties of the gardens below, but without taking one step to descend, and walk about them. On the contrary you call for tea, and the chess-board; and lo! you are occupied in your seat till nine o'clock; and that beside two hours play after dinner: then, instead of walking home, which would have done you some good, you stept into your carriage. How absurd to suppose that all this carelessness can be reconcileable to good health without my interposition!

Dr. Franklin. Now I am convinced of the justness of poor Richard's remark, that, "Our "debts and our sins are always greater than we "think of."

Archæus. So it is! you philosophers are sages in your maxims, and fools in your conduct.

Dr. Franklin. But do you charge among my crimes that I return in a carriage from Mr. B—'s?

Archæus. Certainly: for having been seated all the while, you cannot plead the fatigue of the day, to want the indulgence of a carriage.

Dr. Franklin. How would you advise me then to employ my carriage?

Archæus. Burn it if you choose; you would at least get heat out of it once in this way; or, if you reject this proposal, here's another for you; take notice of the poor peasants who work in the vineyards and grounds about the villages of Passey, Auteuil, Chaillois, &c. you may daily among these deserving creatures find four or five old men and women, bent and perhaps crippled under the weight of years, or by overstraining and too long continued labour. These people after a most fatiguing day, have to walk a mile or two to their smoaky huts. Order your coachman to set them down. See, there's an act for you, of importance to the good of your soul; and at the same time, after your visit to the B——'s, if you return on foot, that will be good for your body.

Dr. Franklin. Ah! how fatiguing you are.

Archæus. Let us return to my office; it should be remembered I am your Physician.

Dr. Franklin. Ohhh!—The devil of a physician!

Archæus. What an ungrateful man you are to say so! Is it not I, in the character of your physician, who have saved you from the palsy, the dropsy, and apoplexy? one or other of which would have killed you long ago but for me.

Dr. Franklin. I submit, and thank you for the past; but entreat discontinuance of your visits for the future: for, in my mind, one had better die, than be cured so cruelly. Permit me, Archæus, just to hint that I have not been unfriendly to *you*—I never fee'd physician or quack of any kind to enter the lists against you; if then you don't leave me to my repose, it may be said you are ungrateful too.

Archæus. I scarcely acknowledge that as any objection. As to quacks, I despise them: the may ruin your health by their *diguised* rum an brandy, and can only affect me by bringing upo you jaundice and dropsy, diseases concomitan on dram drinking. And as to the regular physicians, they are convinced, that the gout, in suc a subject as you are, is no malady, but a remedy and wherefore attempt to remove a remedy?— But to our business.—There—

Dr. Franklin. Oh! Oh! for Heaven's sak quit; and I promise faithfully never more to pla at chess, but exercise daily, and to live temperately.

Archæus. I know you too well.—You promise fair: but after a few months of good health, you'll return to your old habits; your fine promises will be forgot like the forms of the last year's clouds. Come, then; we'll finish the account. But I leave you with an assurance of giving you another fit at a proper time. Your good is my object; and I now hope that you are sensible of my being your real friend.

Since perusing the above dialogue, Ignotus is informed by Archæus, that any attempts to exterminate the gout, are as absurd as for a man to attempt to stop the current of a river in its hasty passage to the sea, by damming it up. The neighbouring country would soon feel the inconvenience. The remedies known are but palliatives, and these lie, as we are informed by Archæus, in the small compass of two significant words, *Temperance* and *Exercise*.

A good Broth, commonly called Stock.

'TAKE eight pounds of lean beef, an old hen, a knuckle of veal, and a scrag-end of mutton. To the meat, put about three gallons of water, and after boiling some time, skim the broth very well, and add to it six heads of celery, six onions, six carrots, some parsley roots, the white part of four leeks, four cloves, a few pepper corns, and a little salt. Boil slowly for the space of six hours, then strain, and preserve for use.

OBS.

In large families, where there is a regular consumption of stock for soups, something of this kind should be kept in constant readiness; but in this, as in other cases, Ignotus does not presume to tie down the cook to a servile imitation.

A green Pease Soup without Meat.

TAKE a quart of old green pease, and put them into two quarts of water, with a sprig or two of mint. Boil till the pease become very soft, and then pulp them through a sieve. Put the pulp and water into a stew-pan, with a pint of young pease, two or three cucumbers cut into thick square pieces, lettuce stalks with the leaves cut off, and an onion or two. Put to them a few ounces of butter. Salt and pepper to the taste. Boil gently, or rather simmer over the fire. If not sufficiently green, add to the soup some spoonfuls of spinage juice, a few minutes before sending up. Some add a lump or two of sugar.

OBS.

THIS is a very pleasant and wholesome soup for all ages and constitutions, and will be very proper for those who the day before have plentifully eat of a fiery turtle soup.

A Partridge Soup.

TAKE three or four old partridges, and after taking off their skins, cut them into small pieces, and fry them in butter, with a few slices of ham, some onions, and celery. When fried very brown, put them into a stew-pan, with three quarts of water, a few pepper-corns, and a little salt. Boil lowly till a little more than a pint and a half of the soup be consumed. Then strain, and serve up hot.

OBS.

THIS soup being neither strong, nor made fiery with seasonings, may be recommended to all ages and constitutions. It is pleasant, and perfectly harmless. The addition of a few pieces of veal, or a little veal gravy, need not be objected to.

Sauce for boiled Carp.

STEEP in warm water, one ounce of morels. Put to them a quarter of an ounce of Jamaica pepper, half a quarter of an ounce of scraped ginger, a few corns of black pepper, a piece of lemon peel, near a pound of onions, and a handful of parsley. Boil till the onions become soft, then take out the morels, and squeeze the rest very dry. Add to the liquor, three anchovies, a spoonful and a half of catchup, four spoonfuls of red wine, and half a spoonful of vinegar. Then cut the morels, and put them to the liquor. Thicken with three quarters of a pound of butter rolled in flour. This will make a pint of sauce.

When set on to boil, let the ingredients be barely covered with water.

OBS.

THIS is a very rich sauce, but many people, with sufficient reason, prefer the Dutch sour sauce for boiled carp; and, indeed, these rich sauces overpower the natural taste of most kinds of fish.

A White Soup.

TAKE a knuckle of veal, and a full grown fowl cut into four pieces. Boil in six quarts of water, with a little rice, two anchovies, a bunch of sweet herbs, some white pepper, onion, and celery. Stew till the gravy has become sufficiently strong; then run it through a sieve, and let it stand all night, when the fat should be taken off. Put to the soup a quarter of a pound of beaten almonds, which must be run through a sieve. Before the soup is served up, put to it half a pint of cream, and the yolk of one egg beat up. Send up as hot as possible, as nothing is so unpleasant as cold soup; but take care not to curdle the egg by too much heat. The almonds may be left out.

A Sublingual Soup.

TAKE the broth in which a leg of mutton, a leg of pork, or a piece of beef has been boiled, and put it into a stew-pan with the roots of a tongue, some carrots, turnips, onions, celery, and any kind of offal meat.* Let these remain all night in an oven, and when sufficiently stewed, strain the broth from the meat. After standing a few hours, the fat will harden at the top, and must be removed, When wanted for use, pour the soup from the sediment at the bottom, into the stew-pan, and add to it some vermicelli, with pepper and salt to the taste. When sufficiently heated, serve up in a tureen.

OBS.

WHEN vermicelli is used in soups, care should be taken that it be not suffered to remain too long in the broth, as it would become a paste, and betray the skill of the cook. The time should not exceed fifteen minutes. The directions here given, apply generally to all soups, whether the juices of the meat be extracted in a stew-pan over fire, or in an oven. The latter method is objected to by many cooks. It is, however, attended with the least trouble. Ignotus wishes this soup to be considered only as a "family soup," savouring of economy. The lovers of curry may be inclined to add a small quantity of curry powder.

A Sublingual Soup.

CUT the roots from a good sized tongue, and after washing the meat in cold salt and water, put it into a pot with some whole carrots, turnips, onions, and a stick of celery. Add as much water as may be required for the soup, together with a scrag of mutton and other pieces of offal meat. Put the pot into an oven, where it should remain during the night, and in the morning strain the soup from the meat. When cold, remove the fat from the surface. The stock being now ready, return to it the kernels of the tongue, and the soft edible parts, together with the carrots, after being sliced; but the turnips and onions should be removed, as, in stewing, they will have contracted a bad colour. To supply this deficiency, fresh turnips should be added, after being separately boiled, and cut into the form of dice. All things being ready, put the stock, with the kernels and vegetables, into a deep sauce-pan, closely covered. Give a gentle boil, and before sending up, put in a few spoonfuls of boiled rice, with salt and pepper to the taste. The coarse part of a knuckle of veal would harmonize very well with the ingredients of this soup.

OBS.

In place of an oven, some persons use a deep sauce-pan, conceiving that the dry heat of the oven does give an unpleasant flavour to what is exposed to it. This dish is well calculated for small families, where economy is attended to. To elegance, it has no pretensions.

A French Soup.

TAKE some coarse beef, a knuckle of veal and a fowl cut into quarters. Put these into stew-pan, with a sufficient quantity of water; boi slowly, and skim well during boiling. Add si turnips, six carrots, six large onions, six leeks three parsnips, a stick of celery, some parsle roots, sweet basil and burnet, one handful, lovage and chives, half a handful, and some salt. Let this stock boil gently for eight hours, then strain and let it stand till the next day, when the fat should be taken clean off. Take some chervil, turnips, celery, onions, endive, sorrel, cabbage-lettuce, and the leaves of white beet. Stew these very slowly in a little more than half a pint of the soup till they become quite tender; then add of these what portion you please to the quantity of soup that is required. Send up hot with a French roll, or without it.

OBS.

This is a most excellent tasted soup, but the preparation is attended with a great deal of trouble, and perhaps the want of precision in the quantity of the ingredients may be objected to. It may be generally observed of gravy soups, that they should be divested of fat, which can only be accomplished by preparing them over night, and suffering them to stand till the fat has become cold. So managed, the soup will become as clear as amber, and do the Cook some credit; nothing is so disagreeable as a muddy gravy soup.

A White Soup.

TAKE a knuckle of veal, two calf's feet, two anchovies, a slice of ham, two heads of celery, three onions, a few sweet herbs, a few peppercorns, and one ounce of sweet almonds blanched and beat fine. Stew all over a slow fire, with the required quantity of water, taking off the scum as it rises. Strain the liquor off, and, when put upon the fire next day to boil, add to it two ounces of vermicelli. Just before it is sent up, put in half a pint of cream, and give it a gentle boil.

OBS.

THIS soup is very restorative, and cannot but agree with constitutions that require a bland nourishment.

A Maigre Onion Soup.

TAKE twelve large onions, two carrots, two heads of celery, and one turnip. Slice these ingredients very thin, and fry them in half a pound of butter till they become brown. Then add four quarts of boiling water, four anchovies, four blades of mace, a few pepper-corns, some salt, and two penny rolls of white bread. Boil all together till the bread is reduced to a pulp. Then strain through a hair sieve, and set it again upon the fire. Skim it well, and thicken with the yolks of six eggs. When sent up, add fried bread cut in the form of dice, or a French roll, and take care that the eggs do not curdle.

OBS.

THIS is a very good maigre soup, the ingredients being well defined.

A Green Pease Soup without Meat.

TO a gallon of water, put a quart of full grown green pease, three onions, a head of celery, one carrot, half a turnip, a sprig of mint, a slice of ean ham, two or three anchovies, and a few pepper-corns. Boil till the ingredients become quite soft, and after being strained and pressed through hair sieve, put the soup into a stew-pan, with ome cucumber that has been previously fried. Add half a pound of butter rolled in flour and melted. Into the soup pour the butter and cucumber together. Add a little cabbage-lettuce sliced, and a pint of very young pease. Stew together till the soup become of a proper thickness, taking care to stir it very often. Serve up hot with a French roll. Some add a lump of sugar.

A Green Pease Soup without Meat.

TAKE a French roll, and after slicing it, put it into six quarts of water, and boil till perfectly dissolved. Then shell a peck and a half of green pease, keeping the old and the young ones separate. Put the old pease into the water in which the bread has been dissolved, and when boiled tender, pulp them and the bread through a cullender, whilst warm. Set the pulp by for future use, and retain the water. Into this water put the young pease, together with a bunch of sweet herbs, two or three cloves, a blade of mace, some pepper grosly powdered, and a little salt. Whilst these are boiling, put half a pound of butter into a frying pan, and when in the act of boiling, put in two coss lettuces, two handfuls of young spinage, half a handful of parsley, some young onions, and sliced cucumbers, all chopped, but not too small. When these ingredients are sufficiently stewed in the butter, take them out, and put them into as much of the water in which the bread and old pease had been stewed, as the quantity of soup may require, and boil for the space of half an hour. Then add the pulped pease and bread that had been reserved, and boil for a short time longer. According as may be required for thickness, more or less of the water first used, may be added. Before serving up, put in a few ounces of butter.

OBS.

THIS is a very good green pease soup, maigre, but it seems rather too complex in the preparation. To Ignotus it came well recommended. A sprig of mint and a lump of sugar are usually added to a green pease soup.

A White Dunelm Soup.

TAKE a large knuckle of veal, a fowl, or the scrag-end of a neck of mutton, a slice of lean ham, three anchovies, two heads of celery, one turnip, a bunch of sweet herbs, five onions, and a few corns of white pepper. Put to these a gallon of soft water. Stew till of sufficient strength, then run the soup through a hair sieve into an earthen vessel. When cold, take off the fat, and have ready the yolks of six hard eggs, a slice of fine white bread, steeped in a pint of milk poured boiling hot upon it. A quarter of a pound of sweet almonds beat very fine. Rub these through a sieve into the soup, then set it on a slow fire, and pour in half a pint of cream within a short time of sending up. Stir the soup till it become of a proper thickness. Put to it a French roll, or thin slices of bread, which must be heated in the soup before serving up.

OBS.

THIS soup is rich, wholesome, and restorative.

A Carrot Soup.

TAKE twelve carrots, and after scraping them clean, rasp them to the core, which must not be used. Four heads of celery cut small, two large onions shred, a handful of spinage shred, a little sorrel, or juice of lemon, and a few pepper-corns. Stew these in half a pound of butter over a stove, very slowly, and keep stirring them till the roots and herbs become soft. Then pour in beef gravy with the soft part of a penny brick. Boil till the bread has become very soft, then strain through a sieve. Put the soup, so strained, into a sauce-pan, boil it slowly, and skim it frequently. A soup prepared in this manner should be about the thickness of cream. Send up hot.

OBS.

THIS is a very wholesome soup on account of its principal ingredient.

A White Soup.

TAKE a large knuckle of veal, an old hen, a shank of ham, a little mace, a few corns of white pepper, a head of celery, a little parsley, a small onion, and one anchovy. Cover these ingredients with a sufficiency of water, and place the pan upon a slow fire. When it has continued stewing till it arrives to two quarts, strain, and when cold, skim off the fat. Put the clear part into a stew-pan. Take the crumb of a penny loaf, boiled soft, in a gill of milk. When the bread has become soft add it to the soup. Add the yolks of six hard eggs, three ounces of blanched almonds both beaten well in a mortar, with a little Cayenne pepper. Give the whole a boil. Strain, and add a gill of cream.

OBS.

THIS is a pleasant restorative soup.

A Veal Soup.

TAKE a knuckle of veal, two turnips, two carrots, two heads of celery, six onions, and a gallon of water. Stew these over a slow fire for five hours; at the end of which time, add a lump of butter rolled in flour, with a little Cayenne pepper and some salt. Then strain, and add a gill of cream. If more agreeable, some of the meat may be sent up in the soup.

OBS.

THIS is a wholesome soup, and has the merit of being soon prepared.

A Vegetable Soup.

TAKE a quart of old green pease, and boil them in a gallon of water, with a small bundle of mint, sweet herbs, mace, cloves, and white pepper. Boil till the pease are become quite soft. Then strain and pulp the pease through a coarse sieve. Put the soup into a stew-pan, with four heads of celery, the pulped pease, a small handful of spinage, one lettuce, the white of two leeks cut small, a quart of young pease, and a little salt. Stew gently till only two quarts of the liquid remain, and the celery has become quite tender. Add a good lump of butter, rolled in flour, about a quarter of an hour before the stew-pan is removed from the fire.

OBS.

THIS is a very mild soup, and may be considered as an assistant to Archæus, when he has any scouring work to perform.

To hash Beef or Mutton.

TAKE a lump of butter rolled in flour. Put it into a stew-pan, and stir it till it become of a good brown colour. Then put as much gravy as will make sauce for the meat. Season with salt, pepper, shalot, or onion, and a little shred parsley. Cut the meat into thin pieces, and put it into the sauce; and when sufficiently warmed, add some juice of lemon, and serve up hot.

OBS.

THIS dish is not a luxury, but a meal. When used as such, it is in unison with porter.

An English Turtle.

TAKE a calf's head with the skin on. Scald off the hair. Then boil it till the flesh will come from the bone, without breaking. Season with Cayenne pepper, mace, nutmeg, and salt. Cut deep holes into it, which fill with forced meat. So prepared, lay the head on a deep dish, with veal gravy, and a pint of Madeira wine. Then send it to the oven to be well browned. When it returns from the oven, let the gravy be thickened with butter rolled in flour, and add more wine if required. When served up, lay upon the dish forcemeat balls, fried oysters, yolks of hard eggs, and sweet-breads cut in slices. Garnish with lemon. Send up very hot.

OBS.

THIS dish is intended for Gourmands of the first rate.

A French Omelette.

TAKE the yolks of eight eggs, and the whites of four, a little pepper, salt, a very little nutmeg, half a tea-cupful of cream. Beat all together, and add half an onion shred small, and a little parsley boiled tender, and cut small. The frying pan being ready with some butter, put in the eggs and other materials; keep constantly moving till done enough. A little grated ham will make the dish more savoury, if added before the ingredients are put into the pan.

Mock Turtle.

TAKE a calf's head with the skin, and after scalding off the hair, and washing it clean, put it into cold water for four hours. Then cut it into pieces about the size of half a crown, and put it into a jar, with three pints of strong beef gravy, a gill of water, a few corns of white pepper, a little mace, and two anchovies. Put the whole into an oven, and when half done, take it out, and put it with the liquor into a stew-pan: put in the meat of a lobster cut in pieces, with thirty oysters, a pint of Madeira, and two spoonfuls of mushroom catchup. Serve up with forcemeat balls, hard eggs, and sliced lemon.

OBS.

THIS dish is extracted from the archives of a wealthy corporation in the north of England, remarkable for their distributive justice towards the good things of a well-furnished table. It is a dangerous dish, and will soon bring a man to his crutches. By increasing the quantity of gravy, a turtle soup is made; in which case, the meat must be cut into smaller pieces.

Tomata Sauce.

TAKE tomatas when perfectly ripe. Put them into an earthen pot, and set them in an oven after the bread has been drawn. Let them continue there till they become perfectly soft; then separate the skins from the pulp, and mix with it capsicum vinegar, a few cloves of garlic pounded, a little powdered ginger, and salt to the taste. Put the mixture into small wide-mouthed bottles; cork them well, and keep them in a dry, cool place. Some white wine vinegar, with Cayenne pepper, may be used in the place of capsicum vinegar.

OBS.

THIS is a pleasant sauce either for hot or cold meat. But as the tomata apple is rather difficult to be obtained, Ignotus recommends the mock tomata as a good substitute for this most excellent sauce.

To pot Tomatas.

GATHER the tomatas when quite ripe and perfectly dry. Scald them in water for the purpose of taking off the skin. Mash the pulp, and put it into a stew-pan over a very gentle fire. When cold, put the pulp into small stone pots, and after pressing it down, pour over the surface some melted mutton suet. It will keep through the winter. Tye a wet bladder over the pots, the more effectually to keep out the air. The smaller the pots the better, as the pulp spoils after being opened. Potted tomatas are used in soups, and for roast meat.

Teased Skate.

TAKE the dried wing of a skate, and after stripping off the skin, cut it into lengths of about one inch in breadth. Put the fish so prepared into water, and boil for the space of twenty minutes; after which, let it be put into the oven, where it should remain a quarter of an hour, during which time, it will become so tender as to permit the bones to be drawn out. The flesh being now detached from the bones, it should be put into a cloth, and well rubbed with the hands, till it puts on a woolly appearance, which it will soon do. Take a sauce-pan, and in it reduce about half a pound of butter into an oil, when the teased fish should be put into it, and kept stirring for the space of fifteen minutes. When sufficiently heated, serve up.

OBS.

SKATE, so prepared, may be eaten as salt fish, with egg sauce, mashed potatoes, or parsnips. The whole wing of a skate will require half a pound of butter when put into the sauce-pan. It s a good looking dish, and prepared at a small expense, the whole wing not exceeding fivepence n value.

Mock Turtle.

TAKE a calf's head after the hair is scalded off, and boil it an hour. When cold, cut it into pieces half an inch in thickness, and an inch in length Put them into a stew-pan with two quarts of good gravy. One neat's foot, and two or three ox palates cut into pieces. Salt to the taste; also some sweet marjoram, basil, truffles, morels, and fresh mushrooms or mushroom powder. Let these and the meat stew together one hour, then put in a pint of Madeira, a spoonful of essence of anchovy, with Cayenne pepper to the taste. When the meat begins to look clear, and the gravy appears to be strong, put in half a lemon, and thicken the soup with flour and butter. Fry forcemeat balls, and beat the yolks of three hard eggs in a mortar with the yolk of an unboiled egg, and form into balls about the size of a small pigeon's egg. When dished up, add the eggs and forcemeat balls. By increasing the quantity of gravy, a turtle soup i made; in which case the meat must be cut int smaller pieces and the balls made less.

OBS.

HOWEVER grateful this dish may be to a ma of a gouty tendency, he will find an advantage i withstanding its allurements. It is a most exce lent dish for the lovers of good eating.

Mock Turtle Soup.

TAKE a calf's head, after scalding off the hai and boil it till it become tender; when cold, c it into pieces of about a quarter of an inch squar After this, make a good gravy from part of a l of veal, and some lean ham, together with thr or four onions, four cloves, stuck into the onio a few blades of mace, turnips, carrots, and some sweet herbs. Put the veal and vegetables into a proper pan, with some butter at the bottom. In this state let the meat brown gradually, to draw out the gravy, after which add four or five quarts of water. Boil slowly, and after a proper time, strain, and when cold take off the fat. Put the soup, together with the head cut into pieces, into a stew-pan, adding to it a pint of Madeira, some shalots shred small, salt, and Cayenne pepper to the taste. Thicken with flour and butter, and add yolks of eggs, together with forcemeat balls. Serve up.

OBS.

THIS is a very good soup, and if not too often introduced, Archæus will not object to its importation.

Hare Soup.

TAKE a large old hare, and after washing it, cut it into pieces. Put these into a jug, with two onions, into which let four cloves be stuck, a few blades of mace, some pepper corns, together with sweet herbs. Add two quarts of water. Cover the jug very close, and place it either in a pot of boiling water, or in an oven. When the meat has become sufficiently tender, strain the gravy, and take off the meat from the bones. After this, make a gravy in the following manner.

Take four or five pounds of gravy beef, and after being cut into pieces, put it into a stew-pan with some lean ham, a few onions, with three or four cloves stuck into them, a few blades of mace, some pepper-corns, turnips, carrots, celery, and sweet herbs. Put some butter at the bottom of the pan, and cover up close. Set it over a slow fire that the gravy may be gradually drawn out, after which pour off the gravy, and let the meat brown quickly, taking care that it does not burn during this part of the process. After putting five quarts of water to the stewed meat, boil slowly till reduced to three quarts, after which put to it the hare and its gravy. Strain, and when cold, take off the fat and add a pint of port wine with salt and Cayenne pepper to the taste. Boil for the space of half an hour, with some vermicelli. Thicken with flour and butter, if necessary.

To boil Rice.

TAKE half a pound of rice; wash it in salt and water; then put it into two quarts of boiling water, and let it boil for the space of twenty minutes; then strain through a cullender, and shake it into a dish; but do not touch it with your fingers or a spoon. Serve the rice up in a dish by itself. This is meant for Patna rice; Carolina rice will require a pint of more water. Observe to let the rice remain in the cullender, after being boiled, near the fire to dry, and be careful not to shake it into the dish till it has become completely so. Every grain ought to be in a state of separation.

OBS.

CURRIES with rice make the principal food of the people in India.

A Curry Powder.

	Ounces.
TAKE of mustard seed, scorched, and finely powdered - - -	1½
Coriander seed, in powder - -	4
Turmeric, ditto - - - - - -	4½

	Ounces.
Black pepper, ditto	3
Cayenne pepper, ditto	1¼
The lesser Cardamoms, ditto	1
Ginger, ditto	½
Cinnamon, ditto	1
Cloves, ditto	½
Mace, ditto	½

Mix the powders well together, and put them into a wide-mouthed bottle for use.

A Dry Curry, or Curry without Gravy.

A CHICKEN being cut into pieces, take a table spoonful of curry powder, and a tea spoonful of turmeric in powder. Put these two ingredients into a mortar with a little water, and a clove of garlic, and beat them well; then rub part of the mixture over each piece of chicken, and throw in some salt and a little more water. Put a large piece of butter into a stew-pan, and hold it over the fire till completely melted, taking care not to burn it. Then slice a large onion, and put it, together with the chicken and the curry, into the melted butter, and fry the meat till thoroughly done. Before dishing up, add a little lemon juice.

OBS.

A CURRY may be made with chicken, lobster, rawns, pork, giblets, mutton, or any kind of neat. But chicken has the preference in India, vhere this dish may be said to be *indigenous.* t may appear to those who are not in the habit f eating curry, that the dish is too highly seaoned, and too hot of pepper; but it should be ecollected, that it is meant to counteract the cold quality of the rice, of which several spoonuls are eat with a small proportion of the meat. Those who wish to moderate the heat of the pices, may eat salad with their curry, or the egetable Indian dish called *Brado Fogado.*

A wet Curry, or Curry with Gravy.

CUT two chickens into pieces, as for a fricassee, and fry them gently in butter, stewing over them at the same time three table spoonfuls of curry powder. Have ready fried, six large onions cut small, and take care to have them fried brown, without burning. Put the onions, with the chickens, into a stew-pan, and add a pint o good beef or veal gravy; then cover the pan and stew the whole gently till the meat becom tender. Just before it is dished up, add th juice of one lemon.

OBS.

PERSONS who have been in India are fond o all the preparations of curry; and even thos who have not been in that country, contract liking for curries, after tasting them three or fou times. The taste is certainly an acquired one as at first tasting a curry, it does not convey t the palate an extraordinary sensation of pleasure This is a very wholesome dish, especially in ho climates, where rice is much used.

A Stew of Spinage, called Brado Fogado.

PICK and wash some spinage very clean. Put it into a stew-pan, but do not put water to it. When enough, squeeze the liquor from it. Shred some onions, and fry them in butter. Put to the spinage a pint of shrimps cleared from the shells, a table spoonful of curry powder, a few spoonfuls of water, and a little salt. Stir well together with the fried onions, and let the whole stew a sufficient time, taking great care that it does not burn in the pan.

OBS.

THIS is a very cooling dish, and is usually served up in India to counteract the heating quality of the curries. Ignotus thinks that in the absence of shrimps, the tail of a lobster may supply their place, when cut into narrow slips.

A baked Pillaw.

HAVE ready two quarts of veal or mutton broth. Boil two chickens lightly, as for a fricassee, and add the liquor they have been boiled in to the broth. Take out a pint of the iquor, and boil a pound of rice in the remainder, with a small piece of bacon or pickled pork. When sufficiently done, take out the bacon or pork, and stir into the rice a quarter of a pound of butter. Boil six or eight eggs hard, with as

many onions, and when all things are ready, lay
some of the rice at the bottom of the dish, and
little of the liquor that was reserved before th
rice was boiled; then put a layer of chicken
sliced pork, eggs and onions, then more rice
and so on till the dish is filled. Cover wit
a paste made of flour and water, and put it int
the oven for an hour. When taken out, take o
the paste, and brown the dish over with a salamander before it is to be sent up to the table.

Mock Turtle.

TAKE three cow heels ready dressed. Cu
them into pieces from the bone, and stew the
tender in four pints of water, and the same quantity of veal gravy; add five anchovies, and
piece of butter, salt, Cayenne pepper, mac
cloves, lemon peel cut very small, the green pa
of three leeks, some parsley, and lemon thym
Stew these gently for two hours; then cut tw
pounds of lean veal into small pieces; fry it a lig
brown and add it to the above, with the juice
two lemons, a pint of Madeira, and some mus

room catchup. Stew one hour longer, and send up to table with forcemeat balls and hard eggs. The quantity of seasonings is here left to the judgment of the Cook.

OBS.

It is a matter of doubt whether mock turtle can be made without calf's head. *Fiat Experimentum.*

A Green Curry.

TAKE brocoli, cabbage, or any other vegetable, and boil it in water till tender; then throw out the water, and add either prawns, lobster, shrimps, beef, mutton, veal, or corned pork, with some fried onions, and a piece of butter. To these put a pint of water, with some curry powder. Stew all together, and when ready to serve up, add lemon juice to the taste, and dispose of the ingredients neatly on the dish.

OBS.

This is a very mild curry.

A cheap Curry Powder.

CORIANDER seeds,	half a pound.
Turmeric, - - -	three ounces.
Black pepper. - -	one ounce and a half.
Cayenne pepper, -	two ounces.
Cardamoms, - -	one ounce and a half.

Mix and reduce to a powder, to be preserved in a bottle for use.

OBS.

THIS curry powder comes cheap, as it contains no expensive spices, the cardamoms excepted. But it is inferior to the one mentioned in page 185.

A Rich Cream Cheese.

TAKE any quantity of cream and put it into a wet cloth. Tye it up, and hang it in a cool place for seven or eight days. Then take it from the cloth and put it into a mould, (in another cloth) with a weight upon it for two or three days longer. Turn it twice a day, when it will be fit to use.

OBS.

This is the richest cream cheese that can be made, and I am doubtful whether I should pronounce it so wholesome as those cheeses that are made with milk and cream, and formed into a curd with rennet. Archæus does not on all occasions approve of much butter, and I am inclined to be of his opinion.

An Omelette.

TAKE eight eggs, and beat them well for about five minutes, then add a little pepper and salt, a small quantity of chives, and parsley shred very small; mix, and put about two ounces of butter in the pan, and when the butter has become hot, pour the ingredients into it, and move them well in the pan, until the omelette become a little brown. A salamander held over the surface will take off the raw appearance of the eggs; or, the omelette may be folded over.

OBS.

This is a very good omelette, of which the receipt was given to Ignotus by a French Cook.

A Giblet Soup.

TAKE the desired quantity of strong bee gravy, and add to it a few slices of veal fried i butter. Take a piece of butter rolled in flour and with it fry some sliced onion and thyme, an when made brown, add it to the soup. Whe sufficiently stewed, strain, and put to the soup tw spoonfuls of catchup, some spoonfuls of Madeira and a little lemon juice. The giblets being separately stewed in a pint of water, add their gravy to the soup.

OBS.

THIS is a soup as full of gout as the richest turtle soup, and stands in the same predicament in regard to its effects upon a gouty habit. As turtle is the *Regina Voluptatis*, this dish may be said to be one of her Maids of Honour.

A Sauce for Cold Partridge or Moor Game.

POUND four anchovies, and two cloves o garlic, shalot, or onion, in a marble mortar, with a little salt; then add oil, lemon juice, o inegar to the taste. Mince the meat, and put he sauce to it as wanted.

OBS.

THIS is a very elegant sauce for the intended purpose, and may be used for cold meat of any kind. It is very wholesome for those who indulge in light suppers.

A Buterham.

TAKE any quantity of butter; work into it some made mustard, and having ready some thin slices of bread from a penny loaf, spread this composition upon them. Over each piece put a thin slice of Gloucester cheese, and upon it spread a layer of buttered mustard, and over that put a thin slice of ham, or meat of any kind. Cover all with a slice of bread buttered as at first. Then press the slices gently down to make them adhere, and with a sharp knife cut the bread neatly into mouthfuls.

OBS.

I have consulted Archæus upon this occasion, and though he in general objects to eating between meals, yet he thinks it but reasonable, that the present fashionable Ladies and Gentlemen, who sit down to dinner at seven o'clock, (an hour when working and useful people sit down to supper) should be indulged with a few mouthfuls at two o'clock, in order to preserve their charter of being *fruges consumere nati.*

On Eggs.

THE yolk of an egg, either eaten raw, or slightly boiled, is perhaps the most salutary of all the animal substances presented to us by the hand of Providence. It is taken up into the body of the chick, and is the first food presented to it by Nature after its departure from the shell. It is a natural soap, and in all jaundice cases, no food is equal to it. When the gall is either too weak, or, by any accidental means, is not permitted to flow in sufficient quantity into the duodenum, our food, which consists of watery and oily participles, cannot form an union so as to become that soft and balsamic fluid called chyle. Such is the nature of the yolk of an egg, that it is capable of uniting water and oil into an uniform substance, thereby making up for the deficiency of natural bile. Such an agent in the hands of Archæus, cannot but be productive of much good. When submitted to a long continuance of culinary heat, the nature of the egg is totally changed; so that when eggs are medicinally used, they should be eaten raw, or but very slightly boiled.

OBS.

WHOEVER is disposed to take a just view of the works of the creation, will be highly gratified in contemplating the goodness and wisdom of Providence in the protection of animal and vegetable life during their infant states; and this is in nothing more apparent than in the provision that is made for the chick on its leaving the shell. Being unable to find its own food, and the mother having a numerous progeny to take care of, a provision is made for it by the assumption of the yolk into its body, by which it is insensibly nourished till it can provide for itself. Ignotus makes this digression to remind the epicure of the gratitude that he owes to the author of his chicken, before he pays his *homage* to the cook.

A Green Pease Soup without Meat.

TAKE a quart of old pease. Put them into two quarts of water, with a sprig or two of mint. Boil till soft, then strain and pulp through a sieve, with a wooden spoon. Return the pulp into the water, to be used hereafter. Take a pint of young pease, two or three cucumbers cut into thick square pieces, blanched lettuces cut into pieces about an inch in length, and a few onions in slices. Put these ingredients into a stew-pan, with two ounces of butter and a lump of sugar. Add pepper and salt to the taste. Stew till the pease become tender; then throw them into the pan containing the pulped pease and water, and simmer over the fire. If not sufficiently green, add a little spinage juice just before serving up.

OBS.

THIS is a wholesome and pleasant soup. It is not expensive in its preparation; but can only be made at a certain season in the year.

A Lobster Pie.

TAKE the meat of two or three lobsters, and cut it into pretty large pieces. Having put some puff paste round the edge of a dish, put in a layer of lobster, a layer of oysters, with a good slice of butter, some bread crumbs, together with pepper and salt. Repeat these layers till the dish be full. Take the coral of the lobsters, and pound it with chopped oysters, crumbs of bread, and a little butter. Form into small balls, fry them, and lay them on the top of the pie. Boil the lobster shells in a little water and the oyster liquor, with some pepper and salt, to make gravy. Strain through a sieve, and pour it upon the pie. Then put on the crust and send it to the oven.

OBS.

IGNOTUS is very fond of this dish, and thinks it very wholesome; but Archæus contends that it contains too many gouty particles. Where there is such a difference of opinion, it is best to leave the decision to the discretion of those who are immediately concerned.

A Lobster Pie.

TAKE the meat of two boiled lobsters, an season it with pepper, salt, and a little mace Sheet a dish with puff-paste, and lay in the lob sters with a score of oysters, a gill of picke shrimps, a few crumbs of bread, and six ounce of butter. Make a forcemeat of half a score oysters, a little suet, two shred anchovies, an some crumbs of bread. Mix these together, wit some pepper, salt, and the yolks of two eggs and make them into a score of balls, to be pu into the pie with the liquor of the oysters an half a pint of gravy. Put on the lid and send th pie to the oven, where it should remain for th space of three quarters of an hour.

OBS.

THIS is a very wholesome and palatable dish in some degree it differs from the former.

A Beef Steak Pie.

TAKE rump steaks, and beat them well with paste pin. Season them with pepper and salt and after putting a paste round the dish, put in ttle water, and lay in the steaks with a lump f butter on each. Put in sliced potatoes, and nions, if you please. Cover with a lid of paste, nd send to the oven. A few shred oysters, and heir liquor, would be an improvement without uch additional expense.

OBS.

IGNOTUS gives this pie as a convenient delicacy r those who have good stomachs, and little oney. Dishes like this, and few in number, eep down heavy taxes and high rents. They re in unison with table beer and porter.

Cucumber Vinegar.

PARE and cut fifteen large cucumbers, and put em into a vessel with three pints of vinegar. dd three or four onions sliced, a few shalots, a love or two of garlic, some salt, ground pepper, d a little Cayenne pepper. After standing four ays, strain, and filter through paper.

OBS.

THIS is an elegant vinegar for the required urposes; and, when used, is very wholsome.

A Vegetable Soup with Meat.

TAKE cabbage lettuces, white beet leaves, celery, leeks, sorrel, and scraped carrot, a good handful of each. Chop these fine, and add cucumbers sliced, young pease, or asparagus, and a little chervil. Stew them gently in gravy, and a few ounces of butter, till they become quite tender; then put to them the required quantity of gravy or good broth, made of shank of beef, or veal and mutton. Give a boil, and serve up hot.

OBS.

THIS is a very wholesome soup, and not expensive.

A Mock Hare.

CUT out the inside of a sirloin of beef, and take from it all the fat. Then prepare a sufficient quantity of rich forcemeat, made as for hare, and put it within the beef, which must be tightly rolled, so as to imitate the shape of a hare. Then roast it upon a hanging spit. Baste with port wine, and let the roasting be performed before a quick fire. Serve up with good gravy in the dish, or rich melted butter. Currant jelly dissolved in port wine, for sauce. The cook hardly needs to be told, that the meat should be cut open, that the forcemeat may be made to lie in the centre of the beef.

OBS.

THIS is a correct imitation of hare; and when game cannot be obtained, it is a substitute hardly to be distinguished in taste from real hare.

Savoury Stewed Beef.

CUT out the inside of a sirloin of beef, and prepare it exactly as for mock hare, in the foregoing receipt. When tightly rolled, fry it to a light brown, and after suffering the fat to drain from it, put it into a stew-pan with a quart of good gravy, a little catchup, anchovy liquor, or a score of oysters, if in season.

OBS.

THIS is a very palatable dish, but Ignotus is of opinion, that Archæus will consider it as an importation of gout.

Brisket of Beef, stewed savoury.

TAKE about eight pounds of brisket of beef and stew it till quite tender in as much water a will well cover the meat. When sufficiently tendered, take out the bones, and carefully skim of the fat. Take a pint of the liquor, put to it th third of a pint of red port wine, a little walnut, o mushroom catchup, and some salt. Tie up in bit of muslin some whole pepper and mace, an stew all together for a short time. Have ready some carrots, and turnips boiled tender and cu into the form of dice; strew them upon the beef putting a few into the dish. Truffles and morels to be added.

OBS.

THIS is a most excellent dish, and as it contains particles of every denomination, it canno but be acceptable to Archæus.

Brisket of Beef, stewed simply.

STEW in two gallons of water, for two o three hours over night, about ten pounds of brisket of beef. When made sufficiently tender, take out the bones, and carefully skim off the fat. Then boil in some of the liquor a few carrots, turnips, onions, celery, and white cabbage, till they become quite tender. Add these and some salt to the beef and remainder of the broth, and stew all together till sufficiently done.

OBS.

THIS is a dish calculated for those who sit lown to table with an appetite that does not require to be pampered.

An Indian Burdwan Stew.

A half-grown fowl being ready boiled, let it be ut up and put into a stew-pan with three table poonfuls of essence of anchovy, three table poonfuls of Madeira wine, a little water, a lump f butter rolled in flour, some shred onion, and ayenne pepper to the taste. Stew over a slow re till the onions are become tender. When oured into the dish, take a fresh Lime, and ueeze a little of the juice into the stew. Cold iled or roasted lamb, or kid, are equally good hen dressed in this manner.

OBS.

THIS dish is frequently introduced in the East Indies, when the appetite begins to flag, after eating heartily of two courses; and being often dressed by the master or mistress, in the presence of the company, it is generally paid great attention to. The French have a saying, " L'appetit vient en mangeant." Hamlet says,

> As if increase of appetite had grown
> By what it feeds on.
>
> Shakesp

When the stew is dressed on a small chafing-dish, in the room where the company dine, i sends forth such a savoury smell, that it remind us of what Eve felt when the apple was presente to her, during her disturbed dream.

> ———————The pleasant savoury smell
> So quicken'd appetite, that I, methought,
> Could not but taste it.
>
> Milto

When Chilly can be procured instead of th Cayenne pepper, and the mild Bombay onion the Burdwan becomes a dish that few can resis But being too rich a mess to make a meal of, an being only eat when the stomach is satiated, Ignotus is of opinion that Archæus will enter his protest against the introduction of this eastern luxury.

An English Burdwan Stew.

TAKE a rabbit, or well fed fowl, and after being cut up, put it into a stew-pan, with some slices of veal, and as much strong beef gravy as will cover the meat. Roll a piece of butter in flour, and add some shred onion, anchovy liquor, Cayenne pepper, salt, and port wine, to the taste. Stew over a slow fire for the space of twenty minutes, shaking the pan two or three times. Cold veal, rabbit, or fowl, will make a good Burdwan.

OBS.

ARCHÆUS is always indulgent to those men whose change of climate and modes of living have created a second nature; but he constantly shows his displeasure when he sees plain eaters suffering themselves to be led astray by dishes that never were intended for them.

A Savoury Stew.

TAKE two or three pounds of beef as for steaks, and cut it into small pieces. Season with salt, pepper, cinnamon, cloves, and mace, to the taste. Add three ounces of marrow, a spoonful of catchup, and six or eight cloves of garlic. Stew gently over a slow fire, till the meat be a little tendered, then add a pint of good broth, or gravy, and stew for the space of an hour and a half, or till the beef has become sufficiently tender. Before putting in the gravy, let the fat be carefully skimmed off. A few spoonfuls of red wine may, or may not, be added.

OBS.

THIS is a very palatable stew for those who do not object to the flavour of garlic. It is a meal for families of economy, who can be content with small beer for their beverage, and whose vocations do not call them into company.

A White Sauce for boiled Carp and Tench.

MELT a quarter of a pound of butter, and thicken with flour. Add three anchovies, pounded well in a mortar, four spoonfuls of veal broth, three spoonfuls of cream, and the same quantity of white wine.

A Dutch Fish Sauce.

TAKE two yolks of eggs, a quarter of a pound of butter, two spoonfuls of vinegar, and a little nutmeg and mace. When held over the fire, stir only one way. By constantly moving, the sauce will become sufficiently thick without the ddition of flour.

OBS.

THIS is a good economical sauce, and is much etter than those strong sauces that overpower the atural flavour of the fish.

To stew Beet Root.

BAKE red beet root in an oven till it become uite tender; and when cold, scrape off the out- de coat. Cut the root into slices, and dip them vinegar. Put them into a stew-pan with a suf- cient quantity of brown gravy; and to enrich e colour, a few grains of powdered cochineal ay be added. The roots should be stewed till nder, which may be in about half an hour;

and just before being served up, two or three spoonfuls of cream may, or may not, be added.

OBS.

THIS is a good looking dish, and very wholesome. The expense is trifling. The fine bloo colour may be increased without the cochineal b a few spoonfuls of the juice, obtained b pounding two or three slices of the root in marble mortar, with a little of the gravy. I thought too sweet, a few spoonfuls of vinega may be added.

A Perigord Pie.

TAKE half a dozen of partridges, and dispos of their legs in the same manner as is done wit chickens when intended to be boiled. Seaso them well with pepper, salt, a small quantit of cloves, and mace beaten fine. Take tw pounds of lean veal, and one pound of fat bacon. Cut these into small bits, and put the into a stew-pan with half a pound of butter, together with some shalots, parsley, and thym all chopped small. Stew these till the meat appear sufficiently tender. Then season in t same manner as was directed for the partridge

Drain, and pound the meat in a mortar till it is made perfectly smooth; then mix the pulp with the liquor in which it had been stewed. The pie crust being raised, and ready to receive the partridges, put them in, with the above mentioned forcemeat over them, and over that lay some thin slices of fat bacon. Cover the pie with a thick lid, and be sure to close it well at the sides to prevent the gravy from boiling out at the places where the joining is made; which would occasion the partridges to eat dry. This sized pie will require three hours baking, but care must be taken not to put it into the oven till the fierce heat of the fire be gone off. A pound of fresh gathered truffles, parboiled, will add considerably to the merits of the pie. Sometimes a clove of garlic is mixed with the forcemeat, but an English palate will not allow of its being more than just discernible.

OBS.

THIS pie takes its name from a district in France, named Perigord, where the partridges are remarkable large. When prepared by a good Cook, it will generally be well received. As to its merits, when viewed in a medical light, it seems to belong to the class denominated "High-seasoned dishes," of which hints have been given in many places of this selection. An ingenious Cook will, perhaps, invent a better force-meat than what is here recommended. This pie is thought by the land, where "all are shopkeepers," as worthy of being imported from the land, where "all are Cooks."

To stew Carp.

TAKE the liver of the carp when freed from the gall, three anchovies, a little thyme, some parsley, and one onion. Chop these small and put them into a quart of gravy, and a pint of red wine, with four spoonfuls of elder vinegar, and the blood of the carp. Boil a little, then add a quarter of a pound of butter melted tolerably thick. In this stew the carp, having in a gentle way been previously boiled in salt and water, with the addition of a few spoonfuls of red wine.

OBS.

WHEN muddiness is observed, the cure is effected by giving the fish a short boiling in salt and water. Archæus is of opinion that he can extract better materials for repairs from carp simply boiled, than he can when the fish has been made subject to much culinary heat, as in the process of stewing. To this opinion Ignotus freely assents. In general, the carp is fried in dripping, after the manner recommended for tench, previous to its being put into the stewpan.

A French Apple Pudding.

TAKE any number of apples; pare them, and after cutting them into quarters, take out the cores. Then put them into a dish intended for the table with some sugar, and bake them in a slow oven till they become a marmalade. Take half a pound of sweet almonds, blanched and pounded smooth, with an ounce of bitter ones. Put to them half a pint of cream, the yolks of two eggs, and the white of one. Sweeten to your taste, and pour the mixture over the apples; then send the dish to be baked in a gentle oven.

OBS.

THIS dish differs very little from the English apple-pie when custard has been put to it. Custard and apple-pie is the Shibboleth by which an Alderman may be known.

The Head of a Holibut stewed.

FILL a stew-pan nearly full with water, and put in a few anchovies, some marjoram and rosemary two or three cloves, some whole pepper, and scraped ginger. Stew these for the space of an hour; then strain, and put in the head to be stewed till tender; when enough, thicken the gravy with flour rolled in butter; add an anchovy or two, or a spoonful of its essence, and a little nutmeg. When ready to be served up, put in some spoonfuls of white wine, together with some balls made in the following manner: Bone and skin a piece of the fish; then chop it small, with a little thyme, marjoram, grated bread and nutmeg. Form these into balls with some melted butter and cream, or the yolk of an egg. Pu into the stew-pan, before the head is taken out, a large piece of the forcemeat, and salt to the taste.

OBS.

THIS dish is intended for Lent, but it is good at all seasons.

A Fasting-Day's Dish.

BOIL eggs very hard, and out off the thick ends. Fry them in a pan, and take care to keep them continually in motion. Then place them in the dish on the thick end, and pour over them some good fish or herb gravy. The gravy must be brown. Garnish with lemon and what was cut off from the ends.

OBS.

AN occasional fasting-day that does not allow the stomach to be quite empty, is highly salutary, and for which Archæus is always thankful.

Mutton Chops with Turnips.

CUT the chops very thin, and take off the long ends of the bone, Stew them in good broth, with a bunch of parsley and pot herbs. Stew some turnips in gravy, and season with salt an pepper. When stewed sufficiently tender, put them through a coarse sieve, so that they may not appear too thick nor too thin. Upon them put the chops in a regular manner, and serve up.

OBS.

As this dish contains nothing that can be deemed inflammatory, it may be eaten with perfect safety.

To dress Holibut in the manner of Scotch Collops.

TAKE thin slices of holibut, and fry them with butter in the usual manner; then boil in a little water, for half an hour, four onions, some celery, and thyme, and the bones of the fish. Strain, and put in the fish with some browned butter; and stew for the space of half an hour. Season with pepper, salt, and mace, one spoonful of catchup, and the same quantity of lemon juice, with a little shred lemon peel. Thicken with flour and butter, and serve up.

OBS.

WHOEVER can obtain this Lent dish, will have no reason to long after Scotch collops, or veal cutlets. Ling is more proper for this purpose, being of a firmer texture than Holibut. Sturgeon is still better, when it can be got, being a fish that partakes much of the nature of veal, and admits of being roasted as such.

Haddocks Stewed.

TAKE six haddocks of a middling size and fresh caught. Scrape off the skin, and cut off the heads, tails, fins, and belly flaps. Then put the fish into a pan, with a quart of water, a few pepper-corns, and one whole onion. Stew slowly for the space of half an hour, then strain off the liquor or stock. Dredge the fish with flour, and fry them in drip or butter. This done, put the fish into a stew-pan, with the stock, adding Cayenne pepper, catchup, and essence of anchovy. Stew till the sauce become of sufficient strength. Serve up in a deep dish, with the surrounding sauce.

OBS.

This is a very good dish, and though sufficiently savoury, it is not capable of injuring the constitution by an importation of gouty particles. It is a favourite dish north of Tweed. Ignotus is of opinion that it may be improved by the addition of some gravy, when in the act of stewing. Care should be taken that the fish be not broken, as the previous boiling will dispose them to be very tender.

A stewed Cod's Head and Shoulders.

BOIL the fish till nearly enough, then take it out, and put it into the stew-pan, with two bottles of strong ale, and one of small beer, an ounce of butter, and an ounce of bruised pepper tied up in a bag, a few oysters, some good beef gravy, and two onions. Salt to the taste.

OBS.

This is a very good dish for Lent when the beef gravy is left out: in place of which, a few spoonfuls of catchup may be substituted, and the butter increased. Small haddocks may be dressed in this way. This also is a northern dish. Never having tasted it, Ignotus presents it on recommendation.

A Pease Soup Maigre.

TAKE a pint of whole pease. Boil in as much water as will make a good tureen of soup, with one carrot, half a small Savoy cabbage, two heads of celery, some whole black pepper, a bundle of sweet herbs, two onions, and three anchovies, after being well washed. Boil these until they become perfectly tender, when they should be rubbed through a cullender. Take two large handfuls of spinage, scald it, and beat it in a marble mortar; then rub it through a sieve. Take some lettuces, a little mint, four small green onions, or leeks, not shred too small, and a little celery. Put these into a sauce-pan with three quarters of a pound of butter, and a good deal of flour. Let them boil; then put the spinage and the herbs into the soup, and let them boil till sufficiently incorporated. A few heads of asparagus will greatly improve the soup.

OBS.

THIS is a wholesome and excellent maigre soup. Pease, when split, lose much of their flavour; a circumstance not generally known.

A Sandwich.

TAKE butter and grated Cheshire cheese, or Parmesan, of each equal quantities. Made mustard, about a fourth part of those conjoined ingredients. Beat them in a marble mortar into a uniform mass. Spread this mixture upon slices of white bread; then put on slices of ham, or any kind of meat. Cover with another piece of bread, the same as at first. Cut neatly into mouthfuls.

OBS.

THIS is a very neat sandwich, as it need not be touched with the fingers of the most delicate lady. Upon this principle, a variety of sandwiches may be formed by an ingenious housekeeper. We mistake when we suppose the "Sandwich" to be a modern invention. Suetonius in the life of Tib.

Claudius Cæsar, mentions it under the name of "Offula." *Rogo vos, quis potest sine offula vivere?*

Ignotus wishes the old name *Offula*, to be continued, as he conceives it would be affixing a stigma upon the moderns, to be deemed the inventors of a practice that too often incommodes families, by obliging them to provide two dinners, when one was as much as their finances would admit of.

A Partridge Soup.

TAKE the whole breasts of four partridges, and after throwing away the fat and skins, put them for the space of half an hour into cold water. Then cut the meat from the remaining parts, and pound it in a marble mortar. Take four pounds of veal cut small, a slice of lean ham, the above pounded meat, together with all the bones, some pepper and salt, three table spoonfuls of white bread crumbs, a large onion, in which three cloves have been stuck, and some scraped carrots and celery. Stew these in a sufficient quantity of water, till all the goodness has been drawn from the meat and vegetables. Then strain the soup through a hair sieve, and take off all the fat. Into this soup put the partridge breasts that have hitherto been preserved, and stew them for the space of half an hour, adding some white pepper, and plenty of pounded mace. Thicken with cream and flour, and serve up in a tureen.

OBS.

THIS receipt was brought over from Barbary by a British Officer; and when the English cook thinks proper to add to it grouse or woodcock, then it may be truly said, that cookery has completed the sum of crapulary indulgence.

To stew Lampreys.

THE lampreys being skinned and cleaned, boil them for a short time in salt and water; then pour the water from them, and put them into a pan, with a bottle of port wine, and some sliced onions and cloves. Keep them for about an hour over a gentle stove fire. Then pour off the wine, and put to it about half a pint of gravy, with as much butter and flour as will make the sauce of a proper thickness. Add lemon juice, if required.

Put all together into a stew-pan, and warm up for the table.

OBS.

THIS is a good but expensive dish, on account of the wine.—As this kind of fish, in many particulars, resembles the eel, it dresses very well when stewed after the same manner; in which case, a very considerable expense will be saved, and the gourmand not much disappointed. The salt and water has a good effect in discharging the muddy taste that lampreys, eels, and tench, often contract from their situation.

An Omelette.

TAKE seven eggs, and after beating them well, season with pepper and salt; then add a little shalot cut as small as possible, and some shred parsley. Put into a frying pan a quarter of a pound of butter, and after it has come to boiling heat, throw in the eggs, and keep stirring them over a clear fire till the omelette has become thick. After being sufficiently browned on the under-side, double it up, and put it upon a dish, pouring over it a little strong veal gravy.

OBS.

THE omelette is an extemporaneous dish that admits of great variation in its composition. Some cooks put to the eggs grated ham, chives, onions, fresh mushrooms stewed a little, and shred fine, catchup, &c. with all of which the eggs incorporate very well, and form a savoury dish that in general is well received.

Meringues.

TAKE the whites of five eggs, and after beating them to a strong froth, add a table-spoonful and a half of refined sugar, finely sifted. Put in the sugar very gently, beating the eggs all the while, but be careful not to beat them too fast. Then having strewed some sugar upon writing-paper, drop the composition upon it, about the size of a pigeon's egg, and over it sift some fine sugar. Immediately after this, send it to the oven, in which it should remain about twenty minutes. When cold, scoop out with a spoon what remains moist, and fill the cavity with any kind of sweetmeat; then join two of the cakes together. Keep in a dry place till used.

OBS.

THIS constitutes a very elegant sweetmeat. And as Archæus, on all occasions, considers sugar as a very wholesome part of our diet, it will be unreasonable to condemn its use for children, especially when combined with acid fruits.

To boil a Ham.

SOAK the ham two days in milk and water; after which, let it gently boil upon the fire, or stove, for the space of eight hours, but with a moderate quantity of water. Add, during the boiling, the coarse parts of any kind of meat, and a few carrots and onions.

OBS.

THIS most excellent method of boiling a ham does not essentially differ from what has been mentioned in a former article. The fresh meat and vegetables have a powerful effect in extracting the salt, and tendering the fibres of the ham, which, by the usual method of boiling, are left salt and hard.

Oyster Sauce.

PUT the required number of oysters into a stew-pan, with all their liquor, and a little gravy. Stew for the space of a few minutes, together with an onion sliced, some scraped horse-radish, and a few corns of whole pepper. Then take out the oysters, and beard them; put the beards into the stew-pan, with a little more gravy and water, and continue the stewing, in a gentle manner, over a slow fire, for about an hour. Strain the liquor, and thicken it with butter and a little flour. After this, put in the oysters, and warm them gently, taking care that when put into the boat, there be a proper proportion between the sauce and the oysters.

OBS.

BY stewing the beards, the whole flavour of the oyster is preserved, and no part is lost; but care should be taken that the oysters do not become hard by over stewing. The admirers of beef steaks think that a little catchup improves this sauce.

To boil Partridges.

TRUSS the partridges, as done for boiled fowls. Boil them in a proper quantity of water, and in about fifteen or twenty minutes they will be sufficiently done. When ready to be served up, pour over them some rice stewed in gravy, with salt and pepper; the rice should stew in the gravy till it become quite thick, and to this a particular attention should be paid.

OBS.

THOUGH this is a palatable dish, it is not an inflammatory one; and there is every reason to suppose that it will meet with the approbation of Archæus.

White Vermicelli Soup.

TAKE three quarts of clear veal stock, and two ounces of vermicelli; boil together for the space of half an hour. Season with salt. Add the yolks of four eggs, and half a pint of cream, beat well together. Simmer for five minutes; and serve up in a tureen. Be careful not to overboil the vermicelli.

OBS.

THIS soup is both palatable and innocent; it may be given to a child.

Veal Collops, White.

CUT very thin slices from a fillet of veal, and roll them up with seasoning made of pepper, salt, mace, nutmeg, and a little lemon peel. Then put the meat into a stew-pan, with a good piece of butter, and to prevent its setting to the pan, keep stirring it about till sufficiently done. Add cream beat with the yolk of an egg, and thicken with a lump of butter rolled in flour. Keep stirring till ready to be served up.

OBS.

THIS is a neat supper dish, and does not take up much time in the preparation. When intended to be served up in form, egg balls, force-meat balls, and mushrooms will be required; but as far as I can learn, Archæus gives the preference to its present simple form.

To stew Pease, Mild.

TAKE a pint and a half of young pease, and put them into a stew-pan, with two young lettuces and a little water. Stew slowly, till the pease have become sufficiently tender, then add a quarter of a pint of cream, and the yolks of two eggs. Stir a little, but do not suffer the mixture to boil. Some add a lump of sugar. Season with salt, and serve up hot.

OBS.

THIS method of stewing pease will be acceptable to those who object to gravy and essence of ham.

To stew Pease, Savoury.

PUT a quart of pease into a stew-pan, and add to them two ounces of butter, a small onion sliced, a coss or cabbage-lettuce, cut in pieces, with a little salt. Stew the pease till half done, and thicken with flour and gravy. Then add a spoonful of the essence of ham, and season with Cayenne pepper. Stew till the pease become sufficiently tender, but be careful to keep the fire of a moderate heat, to prevent the pease from sticking to the pan. There can be no objection to the addition of a few spoonfuls of good gravy at first. When pease are very old, they should have a boil in water previous to their being put into the stew-pan.

OBS.

Archæus does not seem quite satisfied with this dish, as he conceives that it contains too many gouty particles, and consequently should be but sparingly used in cases where there is a suspicion of a latent hereditary gout. Rouse not a sleeping lion, says Prudence; and the advice, though it costs nothing, should not be despised. "Hard words and hanging, if your judge be Page," replies the Gourmand, when up to the throat with green fat and venison.

Poivrade Sauce.

BONE two anchovies, and after pounding them in a marble mortar, add two table spoonfuls of salad oil, and a tea spoonful of made mustard. When well mixed, add two shalots shred very fine, some shred parsley, and a proper quantity of vinegar.

OBS.

This is a very good sauce for cold meat; and there is no reason to think it otherwise than a very wholesome, especially when the stomach is not in a state of good digestion.

A Cheshire Sandwich.

TAKE anchovies, Cheshire cheese, and butter, of each equal parts. Made mustard to the taste. Pound in a marble mortar till all the ingredients become well incorporated. Spread a knife pointful of this upon slices of white bread, and between two pieces put a thin slice of ham, or any kind of cold meat. Press together, and with a sharp knife divide the sandwich into mouthfuls.

OBS.

IGNOTUS has, with some difficulty, obtained Archæus's permission to insert this sandwich into his Culina. He, therefore, makes it a condition with those of the fair sex, who delight in sandwiches, that they will use their interest in preventing the Minister from laying a tax upon them, there being some reason to fear that he means to take them into his budget, with a view to prevent, as much as possible, what he has called an "unnecessary waste of national provision." Whatever morality there may be in such a determination, there is but little policy in it, as it is well known that the Minister gets more by the wine consumed during these repasts, than he possibly could obtain by a tax upon this modern luxury.

Oyster Soup.

TAKE a pound of skate, four flounders, and two middling sized eels. Cut them into pieces, and put them into a stew-pan, with a sufficiency of water. Season with mace, an onion stuck with cloves, a head of celery, some sliced parsley roots, pepper and salt, and a bunch of sweet herbs. After simmering about an hour and a half, strain, and put the liquor into a sauce-pan. Then take any number of oysters, bearded, and beat them in a marble mortar with the yolks of six hard eggs. Season with pepper, salt, and grated nutmeg; and when the liquor boils, put the oysters and seasoning into it. When it becomes as thick as cream, take it from the fire, and serve it up in a tureen.

OBS.

This is a good restorative soup. In the absence of fish, a knuckle of veal may be used.

When flounders cannot be obtained, perch make a good substitute for both them and the eel.

Veal Broth.

STEW a knuckle of veal in about a gallon of water, to which put two ounces of rice, or vermicelli, a little salt, and a blade of mace. When the meat has become thoroughly boiled, and the liquor reduced to about one half, it may be sent up to table, with or without the meat. But the vermicelli must not be put in at first.

OBS.

IGNOTUS seriously recommends this simple broth to be used by all persons who are in the habit of indulging in rich soups, and highly seasoned dishes. It will be well received by Archæus, as it will give him time to clear away the gouty particles that those gentlemen have long and abundantly thrown upon him. If the Gourmand did but know the labour he daily imposes upon a faithful old servant, he would now and then give him a few hours of relaxation.

Beef Steaks Rolled.

TAKE rump steaks, and beat them with a cleaver till they are made tender. Make forcemeat with a pound of veal, beat smooth, in a marble mortar, the flesh of a fowl, half a pound of ham or gammon of bacon, fat and lean; the kidney fat of a loin of veal, and a sweet-bread minced fine; some stewed truffles and morels cut small, two shred shalots, some parsley, thyme, lemon peel, the yolks of four eggs, some grated nutmeg, and half a pint of cream. Mix these together in a pan, and stir them over a slow fire for the space of a few minutes. Then put this combination of meat and herbs over the steaks, and roll them up. Skewer them tight, and put them into a frying-pan, with mutton drippings, where they should fry till they become of a nice brown colour; after which take them from the fat, and put them into a stew-pan with a pint of strong gravy, a few spoonfuls of red wine, two spoonfuls of catchup, and a few pickled mushrooms. Stew for about a quarter of an hour; and serve them up hot. Garnish with lemon.

OBS.

This is a very savoury dish; and when we consider all its properties, it is sufficient for a meal without the assistance of any thing else, bread excepted. It will not in general be so convenient, but the inside of a sirloin makes the best rolled steaks, being by far the most tender part of the ox.

Beef Steaks Rolled.

TAKE the steaks, and after beating them to make them tender, put upon them any quantity of high-seasoned forcemeat, then roll them up, and secure their form by skewering. Fry them in mutton drippings, till they become of a delicate brown, when they should be taken from the fat, in which they had been fried, and put into a stew-pan, with some good gravy, a spoonful of red wine, and some catchup. When sufficiently stewed, serve them up with the gravy and a few pickled mushrooms.

OBS.

THIS dish may be considered as a meal in the service of families in middling life; and as an additional dish, in opulent ones. The inside of a sirloin is the best piece of beef for this purpose, being extremely tender.

Family Beef.

TAKE a brisket of beef; and after mixing half a pound of coarse sugar, a quarter of an ounce of salt-petre, two ounces of bay salt, and a pound of common salt, rub the mixture well into the beef; then put it into an earthen pan, and turn it every day. Let the meat remain in this pickle for the space of a fortnight, when it may be boiled and sent up to the table with savoys, or other greens. When cold, and cut into slices, it eats well with poivrade sauce.

OBS.

Upon this dish nothing need be said, further than that it is a wholesome family dish, and attended with little expense beyond the original purchase. Archæus says, that this kind of cookery is worthy of imitation, as it would save him a great deal of trouble in his examination of the chyliferous process.

To stew a Duck.

TO a pint of strong gravy, put two small onions sliced, a little whole pepper, a bit of ginger, and a few leaves of thyme. Take a tame duck, lard, and half roast it; then put it into a stew-pan with the gravy, &c. and after stewing ten minutes, put in a quarter of a pint of red wine. When enough, take out the duck, skim off the fat, and thicken the gravy in the usual way. Lay the duck in the dish, pouring the sauce over it. Garnish with lemon.

OBS.

THIS is a dish of French extraction.

Spinage and Cream.

THE spinage being boiled and squeezed, put it into a stew-pan with a piece of butter, a little nutmeg, and salt. Keep stirring it over the fire with a wooden spoon; then add as much cream as will make it of a proper thickness. Send up garnished with fried bread.

OBS.

IN this way of dressing, spinage is very pleasant; but perhaps it would be more wholesome if dressed only with butter and salt. To make it neat in appearance, all the strong fibres must be taken out, and the substance beat with a wooden spoon, when in the pan. When made acid with lemon juice or vinegar, it may be put under a fricandeau, in the place of sorrel. The cream to be left out.

A Ragout of Oysters.

CHOP a few truffles, fresh mushrooms, shalots, and parsley; put these into a stew-pan with a piece of butter, some good gravy, some of the oyster liquor, and a little white wine. Reduce this sauce to a proper consistence. Then having ready three or four score of oysters, bearded, and gently parboiled, put them to the sauce, to be warmed without boiling.

OBS.

As truffles and fresh mushrooms cannot at all times be obtained, the oysters may be well dressed by making the sauce with a piece of butter rolled in flour, some strong gravy, a few spoonfuls of the oyster liquor, some shalot, and parsley. All kinds of shell fish are wholesome and restorative; oysters in particular. The Romans put a high value upon them; and it appears from Apicius, *De Re Coquinaria*, that they had a method of transporting them to countries far removed from the sea.

An Omelette.

BEAT up eight eggs with a little cream, chopped parsley, shalots, green onions, or chives, pepper, and salt. Melt a piece of butter in a frying-pan, and when properly heated, pour in the above preparation. Stir till the cake is formed; and when sufficiently browned, put it into a dish, and double it over, to cover the raw appearance of the eggs; or the surface may be browned with a salamander, if intended to be sent up in a round dish.

OBS.

THIS is an excellent omelette, as it consumes but little time in the preparation. The omelette is a dish of great antiquity, and as a proof of it wholesomeness, it is a favourite in almost ever country in Europe. In the composition it admit of great variety, some specimens of which hav been already given, and more may be found i a French book of Cookery by M. Massialot Omelettes should be made thick, to appear full i the mouth.

Solid Sausages.

CUT large thin slices of veal, and prepare a seasoning with pepper, salt, chopped parsley shalots, mushrooms, scraped ham, and a littl mace. Roll the meat into the form of sausages, and put the seasoning in the inside; then tie them up, and stew them slowly with some strong gravy, and a glass of white wine. When enough, put the veal upon a dish, and pour the sauce over it, after being skimmed.

OBS.

THIS is a very palatable dish, and of easy digestion. It is a meal for an economist who prefers table beer to port wine.

To stew Lobsters, mild.

WHEN the lobsters are boiled, pick the meat clean from the shells. Take half a pint of water, a little mace, a little whole pepper, some salt, and the shells of the lobsters; boil till all the goodness be drawn from the insides of the shells; then strain, and put the liquor into a stew-pan with the flesh of the lobsters, a piece of butter rolled in flour, two spoonfuls of white wine, a little juice of lemon, and some bread crumbs. When sufficiently stewed, serve up in a proper shaped dish.

OBS.

As in this method of stewing a lobster, very little seasoning is put in, I shall consider it as a dish, that, in a medical light, differs very little from the flesh of an undressed lobster. I do therefore recommend it as a restorative, under the restriction as to quantity.

A Dunelm of Crab.

BEAT the flesh and the inside of the crab in a marble mortar with some pepper, salt, nutmeg, and crumbs of bread; then add some gravy, and a little wine. Put the whole into a stew-pan with some butter rolled in flour; and when thoroughly warmed, add a little vinegar, or lemon juice.

OBS.

I CANNOT say so much for this dish as I did for the former one. It seems to wear a gouty complexion.

To stew Lobsters, savoury.

WHEN the lobsters are sufficiently boiled pick the meat from the shells, and put it into a stew-pan with a little melted butter, and a table-spoonful of essence of anchovy; together with pepper, salt, and mace to the taste. When a hen lobster is used, the coral, found in the body, must be dissolved in the melted butter which will considerably add to the beauty of the dish. It will almost be unnecessary to say, that in consideration of the previous boiling of the lobster, very little heat will be required when in the stew-pan.

OBS.

IGNOTUS has much satisfaction in saying, that this dish will be found highly gratifying to the palate, without doing an injury to the constitution.

A Chicken Curry.

TAKE two chickens; skin them, and cut them into pieces, as for a fricassee. Wash them in water; and stew them for the space of five minutes in a quart of water. Strain off, and put the chickens into a dish. Take three large onions, shred them fine, and fry them with two ounces of butter, together with the chickens, till they become of a nice brown colour. Then take of powdered ginger, and pepper, of each half a spoonful, a quarter of an ounce of powdered turmeric, and some salt. Mix these ingredients, and strew them over the chickens whilst they are in the stew-pan; then pour in the liquor that was at first strained from them, and let the whole stew for the space of half an hour, when a quarter of a pint of cream, and the juice of two lemons should be added, taking care that the cream and lemon juice be not permitted to curdle. Give a gentle boil, and serve up in the usual way.

OBS.

THIS is a good curry, and is sure to be well received by those who have lived under a burning sun; but it cannot be made familiar to the inhabitants of a cold country.

Tomata Sauce.

TAKE tomatas, when ripe, and bake them in an oven, till they become perfectly soft, then scoop them out with a tea-spoon, and rub the pulp through a sieve. To the pulp, put as much Chili vinegar as will bring it to a proper thickness, with salt to the taste. Add to each quart, half an ounce of garlic, and one ounce of shalot, both sliced very thin. Boil during the space of a quarter of an hour, taking care to skim the mixture very well. Then strain, and take out the garlic and shalot. After standing till quite cold, put the sauce into stone bottles, and let it stand a few days before it is corked up. If, when the bottles are opened, the sauce should appear to be in a fermenting state, put more salt to it, and boil it over again. If well prepared, this sauce should be of the thickness of rich cream, when poured out.

OBS.

THIS is a charming sauce for all kinds of meat, whether hot or cold. The tomata must be raised in a hot-house, and afterwards it will grow in the open air, if placed against a wall in a warm situation. Being a pleasant acid, it is much used by the Spaniards and Portuguese in their soups. In botanical language, it is the *Lycopersicon Esculentum.* Linn. *Love-apple.*

A Cream Cheese.

MAKE a frame of old oak (for fir would give a taste) 8½ inches long, 3 inches deep, 3 inches wide within, and open at top and bottom. Take a quart, or more, of cream from the vessel before it is stirred for churning, and place a piece o linen cloth in the frame, sufficiently large to hang over the edge. This will act as a siphon to drain off the whey, as no pressure whatever must be used for that purpose. Then pour the cream into the frame, or mould, and set it on a dish, a table, or on a few rushes. Change the cheese daily into a clean dry cloth, till it begin to adhere to it, when it will be in a proper state to be coated once a day, with fresh leaves of the stinging nettle. After this, it will soon be ripe for use.

OBS.

THIS excellent cheese can only be made in summer, when there is a sufficient degree of heat to ripen it. Besides, the cream is the richest at that season. Some persons prefer this kind of cheese in its sour state, before it has become perfectly ripe. Others again object to its richness when made of all cream, and recommend a mixture of cream and milk, made into a curd with rennet. The goodness of a cheese, made in that manner, depends on a due proportion between the cream and the milk, or, to speak more philosophically, between the oily and cheesy matter.

A Giblet Soup.

TAKE a leg of beef, by which is meant that coarse part which is a little above and a little below the hock, a scrag of mutton, the same of veal, and the required quantity of water. Stew these with turnips, leeks, carrots, &c. for the space of four or five hours; then strain off, suppose three or four quarts, and put in three sets of goose giblets well picked. Let these stew till they become quite tender, putting in, an hour before they are done, a quart of young pease, a coss lettuce, and some seasoning, according to taste. To take off a certain bitter taste, it will be good cookery to scald the pease and lettuce before they are put into the soup. Strain, and serve up.

OBS.

THIS soup was communicated to Ignotus by a surviving friend of the celebrated Chace Price, Esq. who was supposed to keep the best table of his time.

A Succedaneum for Green Pease in Winter.

TAKE the tops of very early sown pease, before they come into blossom. Boil in salt and water for a few minutes to take off the bitterness. Then chop them, and put them into the soup already prepared, with a bit of sugar.

OBS.

Of this succedaneum, Ignotus has not had any experience; but as the receipt was communicated by a culinary amateur, he has not a doubt of its answering the intended purpose. "*Fiat experimentum.*"

Sausages without Skins.

TAKE an equal quantity of any kind of meat and suet. When separately chopt very fine, beat them well in a mortar, with sage, nutmeg, pepper, and salt. Then, with the yolks of eggs, and some bread crumbs, form into the shape of sausages, and let them be fried with very little heat.

OBS.

The advantages of this preparation are, that we may have sausages, when it may not be in our power to procure skins. There is a great variety of sausage meat, so that the Cook need not be tied down to any rules in the composition.

Mutton Rumps.

BOIL six rumps of mutton for the space of fifteen minutes; then take them out, and after cutting them into two pieces, put them into a stew-pan, with half a pint of strong gravy, a gill of white wine, an onion stuck with a few cloves, a little salt, and Cayenne pepper. Stew till tender; when the rumps and onion may be taken out, and the gravy thickened with butter, rolled in flour; to which may be added some browning, and the juice of half a lemon. Boil till the sauce become smooth, but take care that it be not too thick. Then put in the rumps again, and after they have become sufficiently warm, serve them up, and garnish with beet root and horse-radish.

OBS.

PERSONS who delight in fat meat, will be pleased with a dish that affords them enough of it. But Ignotus is of opinion, that the rumps will in general be more acceptable when eaten with stewed sorrel or acidulated spinage. It is remarkable, that in former times, rumps, kidneys, and trotters were considered in all large families as perquisites of the Cook.

A Mock Turtle Soup.

TAKE a calf's head with the skin on, and afte scalding off the hair, cut the horny part int pieces of about an inch square. Wash and clea them well, and put them into a stew-pan, wit four quarts of broth made in the following manner.—

Take six pounds of lean beef, two calf's feet two pair of goose giblets, one onion, two carrots a turnip, a shank of ham, a head of celery, som cloves, and whole pepper, a bunch of sweet herbs a little lemon peel, a few truffles, and eight quart of water. Stew these till the broth be reduced t four quarts, then strain, and put in the head cu into pieces, with some marjoram, thyme, an parsley chopped small, a few cloves and mace some Cayenne pepper, a few green onions, shalot chopped, a few fresh mushrooms, or mushroom powder, and a pint of Madeira. Stew gentl till reduced to two quarts. Then heat some broth thickened with flour, and the yolks of two eggs and keep stirring it till it nearly comes to boi

Add any quantity of this broth to the other soup, and stew together for an hour. When taken from the fire, add some lemon or orange juice, and a few forcemeat balls, heated in water, but not fried. The quantity of the additional broth determines the strength of the soup, so that much is left to the taste and discretion of the Cook.

OBS.

THOUGH this soup was much admired at the London Tavern, when Mr Farley was the principal Cook, Ignotus is of opinion that it would be equally good if the ingredients were fewer in number, and the mode of stewing made less troublesome. Of this dish it may be truly said, " there is death in the pot."

Mock Tomata Sauce.

ROAST any quantity of sharp-tasted apples in an oven, and when sufficiently done, let them be pulped in the usual manner. Put the pulp into a marble mortar, with as much turmeric as will give it the exact colour of tomata sauce, and as much Chili vinegar as will give it the same acid that the tomata has. When uniformly mixed, give a gentle boil in a tinned sauce-pan, having previously shred into each quart, a quarter of an ounce of garlic, an ounce of shalot, a tea-spoonful of Cayenne pepper, and a little salt. When cold, take out the garlic and shalot, and put the sauce into stone bottles. This sauce should be of the consistence of a thick syrup, which may be regulated by the Chili vinegar.

OBS.

THE only difference between this and the genuine tomata sauce, is the substituting the pulp of apple for the pulp of tomata, and giving the colouring by the means of turmeric; a root that constitutes one of the ingredients of the curry powder. This is a good imitation.

A Shrimp Sandwich.

PUT a layer of potted shrimps between two pieces of white bread and butter, and after pressing the Sandwich gently down, cut it with a sharp knife neatly round the edges. It is usual, before closing in, to spread a little made mustard over the meat.

OBS.

POTTED meats of every kind make elegant sandwiches. These, when cut into mouthfuls, look better than when sent up in large pieces, as in that reduced shape they may be taken up with a fork, and conveyed to the mouth of the fair one, without soiling her fingers or gloves.

To dress Spinage.

PICK and wash the spinage well, and put it into a pan, with a little salt, and a few spoonfuls of water, taking care to shake the pan often. When stewed tender, take it out, and put it into a sieve to drain, and give it a squeeze. Return it into the stew-pan, after being well beat, and put to it some cream, with pepper, salt, and a piece of butter. Stew about a quarter of an hour, and stir it frequently. When served up, a few poached eggs may, or may not be put upon it.

OBS.

THIS is a very wholesome dish, and, in general, will be better received than when spinage is sent up with only a bit of butter, and a little salt.

It is gently laxative, and consequently acts a one of Archæus's assistants. Gourmands shoul reverence a dish possessed of this quality; bu they will find it most wholesome, when simpl dressed.

Lamb Chops.

CUT a neck of lamb neatly into chops, an rub them over with egg yolk, then strew ove them some bread crumbs, mixed with a little clove mace, pepper, and salt. Fry to a nice brown and place the chops regularly round a dish, leaving an opening in the middle, to be filled wit stewed spinage, cucumber, or sorrel.

OBS.

SPINAGE and sorrel are two of the most wholesome vegetables served up at table, and shoul never be allowed to retire without being abundantly noticed.

To stew Pease in a savoury way.

TAKE a quart of green pease, two cabbage-lettuces cut small, a large Portugal onion cut int slices, or a small English one. Put these into a stew-pan, with half a pint of hard water, some salt, a little pepper, a little mace, and some grated nutmeg. Stew for a quarter of an hour, then put in a spoonful of catchup, and four ounces of butter rolled in flour. Shake the pan often, and when the pease are sufficiently tendered, serve them up.

OBS.

THIS method of stewing pease is evidently of French extraction; and the cookery is not to be reproved. The dish is very grateful to an English palate. With us, a small bit of sugar is thought to improve the taste of green pease, whether they are sent up in a simple or a compound state. This dish is rendered more savoury by the addition of some good gravy and less butter; but I I do not recommend the animalizing of vegetables, they being evidently intended to counteract the effects of too much animal food, for which this method of preparation disqualifies them.

Beef Collops.

TAKE steaks from the rump, and cut them into pieces in the form of Scotch collops, but a little larger. Having hacked and floured them put the collops into a stew-pan, in which a sufficient quantity of butter had been previously melted. Fry them quick for about two minutes then put in a pint of gravy, with a bit of butter rolled in flour, and season with pepper and salt. To these add some pickled cucumber sliced very thin, a few capers, part of a pickled walnut sliced thin, and a little onion shred small. After remaining in the stew-pan for the space of five minutes, or a little longer, the collops may be dished up, and sent hot to the table. Garnish with lemon, or beet-root pickled in vinegar.

OBS.

THIS dish has something of the appearance of a meal, and as it does not contain any very high seasoning, it may be eat in perfect safety.

Trembling Beef.

TAKE a brisket of beef, and boil it gently for the space of five or six hours, or till made very tender. Season the water with salt, some all-spice two onions, two turnips, and one carrot. Put a piece of butter into a stew-pan, and when melted, put in two spoonfuls of flour, taking care to keep it stirring till it become quite smooth. Then put in a quart of gravy, a spoonful of catchup, some turnips and carrots cut into small pieces. Stew till the roots are become tender, and season with pepper and salt. Skim off the fat, and when the beef is put into the dish, pour the sauce over it.

OBS.

WHEN properly cooked, this dish is generally well received, being very tender. A small rump may be dressed in the same manner.

To stew Tench.

AFTER scaling and cleaning the fish, rub them over with the yolk of egg, and dredge them with flour. Then put them into a pan, and fry them in sweet drippings till they are made brown. Then take them out, and put them on a sieve to drain. When cold, put the tench into a stew-pan, with a little mace, Cayenne pepper, lemon-peel shred, a little scraped horse-radish, a pint of gravy, and the same quantity of port wine. Stew gently for the space of half an hour; then add a little melted butter, two spoonfuls of walnut catchup, a little lemon juice, and salt to the taste.

OBS.

However pleasing to the palate tench may be when dressed in this manner, it is certainly not so wholesome as when boiled, and sent up with plain melted butter made acid. This fish was formerly recommended as a sovereign remedy in cases of jaundice; and it is probable that the golden colour of the fish, when in high season, induced the ignorant to suppose, that it was given by Providence as a signature to point out its medicinal quality. This doctrine of signatures subsisted for a considerable time among medical practitioners, and gave rise to the *names* of many plants, from the resemblance of their leaves and roots to the form of many parts of the human body; such as lungwort, liverwort, spleenwort, pilewort, &c. In the present age of Quackery and Imposition, Ignotus will not be surprised to see a revival of this practice, as making part of the *Occult Science of Medicine*, in opposition to the *rational* practice of those men who combine honesty with their professional knowledge.

To dry Haddocks.

TAKE haddocks of two or three pounds in weight, and after taking out the gills and eyes, gut them, and remove all the blood from the back bone. Rub them dry, and put a little salt in the bodies and eyes. Lay the fish on a board for one night, then hang them up in the kitchen or any dry place. After hanging two or three days, the fish will be fit for use. When to be dressed, skin them and rub them over with egg yolk, and strew upon them some bread crumbs; then lay them before the fire, and baste them till they become sufficiently brown. Serve up, either round or split open, with egg sauce.

OBS.

HADDOCKS, preserved in this manner, will occasionally prove a great accommodation to families resident in the country, and whose distance from a great town may prevent their being regularly supplied with fish. But independent of this conveniency, Archæus contends, that studious and sedentary persons should indulge more freely in the use of fish, than those who pursue a more active life. The less solid nutriment supplied by fish, than by flesh, explains this opinion very rationally; but he goes further, by saying, that the gluten of fish affords the greatest quantity of synovial particles, as without their regular and refreshing supply, the synovia in the joints of sedentary persons would become too thick; and consequently those men would be in danger of becoming as immoveable as their arm chairs. Ignotus hopes that this Archæan theory will be embraced by those medical and chymical lecturers, who delight in being continually whirled round in the vortex of new opinions. For a further illustration of this system, the curious reader is referred to the 144th page of this collection, in which he will find a sufficient field for ingenuity to work upon.

Koumiss.

TAKE a pint of cream, a pint of buttermilk, two quarts of new milk, and two lumps of sugar.

Mix together, and put them into a wooden vessel shaped like a churn. Place this in a corner of a room where a fire is kept, and cover with a cloth. On the second or third day, the preparation will become what, in this country, is called *lapoured*, when a degree of acidity will be observed. It should then be beaten in with a strong staff, in order that the mixture may become smooth. The beating in should be continued daily, much depending on that operation. As soon as it has become sufficiently thick and sour, it will be fit for use. When used as a medicine, no less than a quart should be drank daily during the term of six months; but independent of that idea, it makes a pleasant and wholesome supper when mixed with sugar, strawberries, preserved fruits, or crumbs of bread. When new made, a little of the old should be retained as a ferment, in which case the buttermilk will not be required.

OBS.

THE ravages made in this country by consumption, and the hitherto unavailing course of medicines in stopping the progress of that baneful disease, will justify an appeal from an enlightened nation, to one where there is scarce a single ray of science. Dr Grieve, who resided many years in Russia, has published, in the Philosophical transactions of Edinburgh, an account of the Koumiss, which in Tartary is held in high estimation as a cure for consumptive complaints, though in *Russia Proper*, it is as little known as in Great Britain.

Under Dr Grieve's respectable authority, Ignotus most earnestly recommends a trial of the Koumiss in hectic, and incipient consumption. One powerful argument is attached to this acidulous cream; it is easily obtained, and when obtained, the expense is small. Among the Tartars, mares' milk is used, but Dr. Grieve has found, that any kind of milk may be used in the preparation of Koumiss, provided the milk be not contaminated by bad hay or turnips. When used as diet, the whey should be let off by a spigot at the bottom of the vessel, before beating in. By the use of Koumiss, Ignotus, at the age of seventy-three, was restored from a state of great debility to the enjoyment of vigorous health.

Welsh Beef.

TAKE a round of beef, and rub into it two ounces of powdered salt-petre. After standing six hours, season well with pepper, salt, and a little all-spice pounded. Let the beef stand sixteen days in the brine, turning it frequently in that time. After washing it well with the pickle, put it into an earthen vessel, and bake it in an oven, with a good deal of beef suet over and under it. Cover it with a coarse paste, and suffer it to remain six or eight hours in the oven. When sufficiently done, pour the gravy from the beef, and let it stand till cold. It will keep two months, and all the time retain its goodness.

OBS.

ALL large families, when resident in the country, will find this a most accommodating dish. It is ready at a moment's warning to go upon actual service. It is a little army of itself, when flanked by mustard and vinegar.

To stew Red Cabbage.

SHRED the cabbage very small, and mix with it some slices of onion, pepper, and salt. Stew over a slow fire with some gravy. When become sufficiently tender, thicken it with butter rolled in flour, a few minutes before serving up. A few spoonfuls of good vinegar are usually added. When white cabbage is used, it becomes more savoury by being fried previous to the stewing.

OBS.

This is a very wholesome sauce for any kind of plain meat.

To preserve Eggs for eating in the shell.

BOIL any number of fresh eggs for the space of one minute and a half, and when wanted for use, after any length of time, let them be reboiled for the same space of time as at first.

OBS.

It may appear singular, that eggs, after the second boiling, should not be more affected, as to hardness, than after the first boiling; and the reason seems to be, that the heat given by the second boiling, only warms the contents of the egg to nearly the same degree of heat that was produced at the end of the first boiling. Ignotus cannot at present ascertain many particulars that are embraced by this extraordinary experiment, but that he may be enabled to be more decided, he has ordered one dozen of eggs to be boiled for the exact space of one minute and a half. Those he proposes to dispose of in the following manner: Three to be reboiled after three months, three after six months, three after nine months, and the remaining three after twelve months. This will ascertain, with tolerable exactness, the time that eggs may be preserved in a sweet and palatable state for eating in the shell at breakfast. But as the white suffers a degree of coagulation, it is evident that eggs, so prepared, cannot be used for culinary purposes, where the white and yolk are required to be beat together. However, where the yolk only is wanted, as for salads, eggs thus prepared answer the purpose of fresh eggs. To bring this extraordinary experiment to a decided point, Ignotus begs leave to repeat a saying of Lord Bacon, to such of his readers as consider experiment to be the foundation of culinary knowledge.—“ *Fiat Experimentum.*”

To roast Larks.

WHEN the larks are trussed, put a sage or vine leaf over their breasts; then put them on a long skewer, and between every lark put a thin piece of bacon. Tie the skewer to a spit, and roast the birds before a clear brisk fire. Baste with butter, and on removing the leaves, strew over them some crumbs of bread, mixed with a little flour. When neatly roasted, put the larks round a dish, with bread crumbs, fried in butter, in the middle; or they may be put upon the bread crumbs.

OBS.

THIS is a French way of roasting larks. Care should be taken to make them appear as large as possible; perhaps it would be an improvement, to fill the birds with forcemeat made of beef, with suet and seasoning. To this Archæus can have no objection, as such a trifling dish is beneath the notice of the thorough-bred gourmand.

To dress a Cock Pheasant.

STUFF the inside of a pheasant cock with the lean part of a sirloin of beef cut in pieces of the size of dice, and season with pepper and salt. Roast the pheasant in the usual way, and take care that the stuffing do not escape.

OBS.

THE gravy coming from the beef diffuses itself through the flesh of the pheasant, thereby rendering it more juicy and tender. Veal being a white meat, may be preferable to beef. This bird is usually larded, but many persons object to the taste of bacon, after being exposed to a dry culinary heat.

A Calf's Head, dressed Turtle fashion.

TAKE five pounds of a knuckle of veal, three pounds of lean beef, eight or ten onions previously fried in half a pound of butter. Put these into a proper vessel with a sufficient quantity of water, to form a strong broth, adding, at the same time, a spoonful of whole pepper, three anchovies, some lemon peel, some cloves and mace, and some salt. Take a calf's head with the skin on, and the hair scalded off, and boil it separately in water; when enough, cut it into pieces about half an inch square, and put it into the veal gravy after being strained from the meat. At this time, put in some sweet herbs, and a pint of Madeira Give a short boil, and put in some hard eggs and forcemeat balls. Then serve up as hot as possible.

OBS.

THIS is a very good dish, and if properly made, will not discredit the cook. If Archæus be in a good humour, he will throw off from it the gouty particles that it contains; but if the dish be too often repeated, the Gourmand must not presume upon that kindness on the part of the Anima Medica. The best policy that he can observe towards keeping Archæus in good humour, is to be in the habit of ordering his cook to prepare for him a good maigre soup on the following day.

A Spanish Olio.

TAKE veal, beef, and mutton, of each half a pound, eight onions, two cloves of garlic, a few pepper-corns, a little mace, two or three cloves, six turnips, one parsnip, six carrots, some cabbage, endive, celery, pumpkin and sorrel. Have ready a fowl, or a partridge skinned. Put all into a pan with a sufficent quantity of water, and let the simmering continue for five or six hours. Salt to the taste.

OBS.

WITH an exception to the garlic, this dish does not materially differ from the stews of our own country. It is perfectly wholesome. The pumpkin grows freely with us, and in soups is greatly preferable to the turnip.

To dress a Calf's Pluck.

BOIL the lights and a small part of the liver of a calf. Roast the heart, after stuffing it with sweet herbs, parsley, suet, bread crumbs, pepper, salt, nutmeg, and lemon peel, all mixed up with the yolk of an egg.

When the lights and liver are boiled, mince them very small, and put them into a sauce-pan, with a little gravy and a piece of butter rolled in flour. Season with pepper and salt, and add a little lemon juice, or vinegar. Fry the other part of the liver, together with some slices of bacon. When to be served up, lay the mince-meat at the bottom, the heart in the middle, and the fried liver and bacon upon the meat.

OBS.

THIS is a good dish for families where economy is required. The plentiful store of pulmonary particles contained in it cannot fail of being highly acceptable to Archæus, when consumptive persons are the objects of his attention; but Ignotus is inclined to think, that the dish would be more acceptable to him, if it contained fewer inflammatory ingredients. He therefore recommends the lights to be simply boiled in milk and water, and after being minced, to be stewed in broth, with a little butter and salt. When so dressed, he is confident that they would soon wrest the palm from the hands of some men who have amassed considerable fortunes from the credulity of mankind. Whatever may be the success of his theory, he is confident that it rests upon as good a foundation as Dr. Godbold's Balsam, or Dr. Beddoe's Airy Nothing, to which the Doctor has endeavoured to give "a local habitation and a name."

To boil a Ham.

RUB the ham over with salt, and put it to soak in water for the space of four days, rubbing it afresh, and changing the water every day. Then for two days more soak it in skimmed milk, after which simmer it over a slow fire for eighteen hours, part one day, and part the next day.

OBS.

IN this manner of boiling a ham, there is much good sense, as it most effectually tenders the meat, and gives it a rich and delicate taste.

A wholesome Soup.

TAKE a few slices of ham, and put them at the bottom of a stew-pan. Over them put a knuckle of veal cut into small pieces. Then add carrots, turnips, two or three onions, two heads of celery, a small sprig of thyme, three or four cloves, a blade of mace, and some pepper corns. To these, put a pint of good broth, and draw down the ingredients over a gentle fire for the space of twenty minutes, taking care not to suffer them to burn, and yet to be brought so low as to appear of a fine glaze. Then add a few quarts of broth, and the moment that the soup comes to boil, skim it well; after this, add about a pint of cold water, which will make the scum to rise again, and render the soup clear. Continue the stewing for the space of two or three hours, and then strain Have ready a carrot, a turnip, two onions, a head of celery, four cabbage lettuces, and a handful of sorrel, all boiled in water for the space of five minutes. Then strain the water from the vegetables, and put them into the soup. Boil gently until the roots are become sufficiently tender. Just before the soup is sent up, put to it a small portion of chopped chervil, which will add to the flavour. Add a small lump of sugar, and salt to the taste.

OBS.

When prepared by a judicious cook, this is a wholesome and palatable soup. The sorrel gives it an elegant acidity.

A Brown Colouring for Made Dishes.

TAKE four ounces of fine sugar, and after beating it small, put it into a frying-pan, with an ounce of butter. Set the pan over a clear fire, and keep stirring the mixture till it become frothy, when the sugar will be dissolved. Then hold the pan a little higher over the fire, and when the sugar and butter become of a good brown colour, pour in a little red wine, and stir them well together. Then add more wine, stirring the mixture all the time. Put in the rind of a lemon, a little salt, three spoonfuls of mushroom catchup, two or three blades of mace, six cloves, four shalots, and half an ounce of Jamaica pepper. Boil slowly for the space of ten minutes, then pour the whole into a basin, and when cold, bottle it for use, having first skimmed it well.

OBS.

THIS seems to be an useful article, being well calculated for housekeepers who are resident in the country.

A Mild Curry.

CUT chicken, rabbit, veal, mutton, or fish as for a fricassee. Put any of these into a stew pan, with as much water as will cover the meat together with a few silver-skinned onions sliced and some salt. During the time of stewing, ski the surface, and when the chicken, or other meat has become tender, put to the liquor, now become the gravy, two table-spoonfuls of curry powder, with lemon juice, or vinegar, to the taste. The first in preference. Then boil a few minutes longer, when the dish may be served up.

OBS.

THIS favourite dish of the Indies is invariably served up with rice, to the boiling of which the utmost attention must be paid, in order that it may appear delicately white, and every grain in a state of separation. These effects are produced by putting the rice into water, and letting it gently simmer over a slow fire. As the rice begins to swell, add a little cold water, and take care that it be kept constantly covered with water. When sufficiently tender, strain the rice from the water, and serve it up, to be used with the curry. The above is a very mild curry; but if wished to be of a hotter kind, then add Cayenne pepper to the taste.

A Fricandeau of Veal.

UNDER the udder part of a leg of veal, there is a large piece of meat. From this cut off all the fat and skin. Then lard it with fat bacon, and give it a boil for the space of two minutes, *only*, in order to harden the bacon. Stew the meat gently in some broth, with roots and spices, until it become quite tender. The broth being well skimmed from grease, let it be reduced so as to form a glaze over the fricandeau, which must be sent up to the table upon sorrel, stewed in the following manner. Take five or six handfuls of sorrel, and after washing it well, put it into a stew-pan with a bit of butter. Let it stew for the space of ten minutes, after which, rub it through a fine hair sieve, and put it into a small stew-pan with a very little gravy, some pepper and salt, and a small lump of sugar. Give it a gentle boil, and after pouring it into a dish, place the fricandeau upon it.

OBS.

As this dish is a corrector of putrescency, it is much in favour with Archæus. Should th sorrel lose much of its acidity during the stewing it may be regained by the addition of a little lemo juice, or vinegar. Ignotus had it hinted, by culinary amateur, that partridges, larded an stewed in broth with spices, would make a goo fricandeau.

A Green Pease Soup, with Rice.

PUT two quarts of old pease into a stew-pan with a few spoonfuls of veal broth, a piece of butter, two or three sliced onions, one carrot, turnip, and a small head of celery. Stew thos together for the space of fifteen minutes, taking care that the ingredients do not burn. Then add by degrees, the required quantity of good vea broth, till all the vegetables have become s tender as to be capable of being rubbed throug a tammy, or a coarse napkin. Season to th taste, and add to the soup, so strained, about tw tea-cupfuls of the juice of spinage; but the green ing is better performed by a large handful of spinage, separately boiled, and rubbed through, along with the pease and other ingredients. The soup being so far prepared, add to it some spoonfuls of rice boiled very tender; then take five or six yolks of eggs, and after beating them with about half a pint of cream, strain through a sieve to keep out a disagreeable part of the whites. Mix this with the soup, and keep stirring it for about half a minute, without ever permitting it to boil, as in that case it would immediately curdle.

OBS.

THIS is a most excellent soup when prepared by a judicious cook; and being out of the common way, Ignotus is proud of its introduction. Should it be thought too rich, the egg and cream may be omitted.

A Dish, named Common Sense.

PROFESSIONAL men have an undoubted right to their hours of relaxation, for, as Æsop ob-

serves, “If the bow be kept continually bent,
“will in time lose its elasticity.” But the mi
fortune is, the employment of these hours is n
always left to those who have the best right t
dispose of them, but are expected to be at th
disposal of others who are but imperfectly qual
fied to form a judgment upon them. Profession
men who employ their leisure hours in fiddlin
cards, and tea-drinking, usually pass their day
without censure; but others who wish to mi
utility with their amusements, are sure to brin
down a swarm of undiscerning critics. Of thi
examples are innumerable. Bishop Hoadley wrot
a Play. Dean Swift one day wrote a Sermon
and on the following day amused himself wit
“Advice to Servants.” Erasmus wrote a Treatis
in praise of “Folly.” And a great Chancellor
England amused himself with Dissertations th
had no connection with his legal department. D
Martin Lister, Physician to Queen Anne, wrote
Commentary on Apicius's “Art of Cookery.
Bishop Warburton, after writing his “Divine Le
gation of Moses,” amused himself with a Com
mentary on the Plays of Shakespeare; and D
Tucker, Dean of Gloucester, on the days that h

could be spared from his sacred duty, employed himself in writing useful political tracts, that had but a slender connexion with his profession. Bishop Watson gave up his leisure hours to Chemistry, Agriculture, and Planting, retaining at the same time the duties of his function with becoming dignity.—Bishop Horsley's leisure hours continue to enlighten the Mathematical world, and Dr. Payley's Anatomical and Physiological Dissertations have added strength and vigour to his Theological studies Let me not leave out Mr. Mason, who wrote Sermons, Plays, Songs, Rebusses, Conundrums, and Political Pamphlets. Most, if not all, of these men have had the amusing part of their conduct arraigned; but as liberality of sentiment cannot every where be found, the best way is to take the world as it goes; and if we cannot obtain approbation from the bulk of mankind, let us be content with what the wise few bestow upon us.

OBS.

Upon the merits of this apologetical dish, Ignotus asked the opinion of his friend Archæus; but received for answer, "that it did not come

" within his province." He therefore ventures to recommend it as a wholesome dish to all persons who are troubled with crudities and indigestion.

FINALE.

In order to have a table regularly served, two things are materially to be attended to; of which, one belongs to the cook, and the other to the housekeeper. The province of the cook is to dress the meat according to the modern costume, and afterwards to dish it up in an elegant manner. The housekeeper's province, among other things, is to make out the bill of fare, and afterwards to direct the dishes to be so placed upon the table, as to accord with each other, thereby forming a picture that, by pleasing the eye, may whet the appetite. And here I beg leave to observe, that Van Helmont* confined ARCHÆUS to the superintendance of the internal functions of the body; but he did not know, that when he took up his residence in the eye, he could view external objects. That discovery was reserved for me, and I confidently assert that at all great tables, ARCHÆUS surveys every dish, even before the chaplain has finished his grace. For a proof of this, I appeal to all the thorough-bred Gourmands in every part of the civilized world,

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* See page 144.

Let us now suppose the dishes to be served up: At this stage, it belongs to the housekeeper to see that the butler has placed them properly upon the table; and here a quick eye to measure distances, and a correct distributive taste, is required towards making the table to represent a well-grouped picture. Dr King, in his poem on the "Art of Cookery," in imitation of Horace's Art of Poetry, and addressed to Dr Martin Lister, has, in a humorous manner, shown the necessity of attending to this display. It constitutes an art so worthy of cultivation, that I mean to recommend it to the consideration of the Society of incorporated Artists, under the title of "Crapulary Painting."

Ingenious Lister, were a picture drawn,
With Cynthia's face, but with a neck like Brawn;
With wings of Turkey, and with feet of Calf,
Though drawn by Kneller, it would make you laugh,
Such is (good Sir) the figure of a feast,
By some rich farmer's wife and sister drest:
Which were it not for plenty and for steam,
Might be resembled to a sick man's dream,
Where all ideas huddling run so fast,
That syllabubs come first, and soups the last.

KING ON COOKERY.

After returning thanks to the Ladies, and to some professional persons, for the liberality of their communications, I must not forget my obligations to ARCHÆUS, who, in the kindest manner, has expressed his sentiments of almost every dish contained in this collection.

IGNOTUS.

ADDRESS.

Honi. Soit. Qui. mal. y. Pense.

TO THE LADIES WHO HAVE DONE IGNOTUS THE HONOUR TO PERUSE WHAT, WITH THE BEST INTENTION POSSIBLE, HAS BEEN THE AMUSEMENT OF HIS LEISURE HOURS.

After providing the necessary materials to be employed in the management of a family, Ignotus would feel himself culpable if he did not endeavour to promote their application by a few words of advice. And as the season advances when new year's gifts are in general acceptable, he begs leave to offer the following to such Ladies as may not be too proud to accept of a little good advice from a stranger.

The character given of a virtuous woman by the mother of King Lemuel, is perhaps the most perfect picture that ever was drawn; and though the age in which it was given, is widely different from that in which we live, yet every attempt to come near to it will amply reward the fair imitatrix.

“ The price of a virtuous woman is far above
“ rubies. The heart of her husband doth safely
“ trust in her, so that he shall have no need of
“ spoil. She will do him good and not evil all
“ the days of her life. She seeketh wool and
“ flax, and worketh willingly with her hands.
“ She is like the merchants ships; she bringeth
“ her food from afar. She riseth also while it is
“ yet night, and giveth meat to her household,
“ and a portion to her maidens. She considereth
“ a field, and buyeth it: with the fruit of her
“ hands she planteth a vineyard. She girdeth
“ her loins with strength, and strengtheneth her
“ arms. She perceiveth that her merchandize is
“ good: her candle goeth not out by night. She
“ layeth one hand to the spindle, and the other
“ hand holdeth the distaff. She stretcheth out
“ her hand to the poor; yea, she reacheth forth
“ her hands to the needy. She is not afraid of
“ the snow for her household; for all her house-

"hold are clothed with scarlet. She maketh "herself coverings of tapestry; her clothing is "silk and purple. Her husband is known in the "gates, when he sitteth among the elders of "the land. She maketh fine linen, and selleth "it; and delivereth girdles unto the merchant. "Strength and honour are her clothing; and she "shall rejoice in time to come. She openeth "her mouth with wisdom; and in her tongue "is the law of kindness. She looketh well to the "ways of her household, and eateth not the bread "of idleness. Her children arise up, and call "her blessed; her husband also, and he praiseth "her.

"What a description is here! Can it be attended to without emotion? or have modern manners so warped our minds, that the simplicity of ancient virtue, instead of appearing an object of veneration, should look romantic and ridiculous. Say, in good earnest, were the women of those days the less estimable, or the less attractive, that they did not waste their lives in a round of dissipation and folly, but employed themselves in works of ingenuity and usefulness. The women of the first rank, as we are informed by the oldest and best Authors, took delight in the occupation of good housewifery to its utmost extent. After looking at the sublime standard of female excellence given by the mother of Lemuel, I am aware that any thing I am able to offer on this subject will appear vapid; but since it must be so, let the mortifying sentiment be felt by all, as a just satire on the declension of the age we live in. In truth, when we speak of good housewifery now a days, we must submit to speak in a lower key. What do families suffer daily from the incapacity, or inattention of those mistresses that leave all to housekeepers and other servants! How many estates might have been saved from ruin by a wiser conduct! I have no hesitation in saying, that no woman ought to think it beneath her to pay an attention to economy. In every station, an economist is a respectable character. To see that time which should be laid out in examining the accounts, regulating the operations, and watching over the interests of perhaps a numerous family—to see it lost, worse than lost, in visiting and amusements, is a circumstance truly lamentable. Country gentlemen of moderate fortunes, merchants, and tradesmen, who marry women uninstructed in cookery and the management of a family, are objects of singular compassion; if indeed they were deceived into an opinion, that the women they have chosen for their partners for life were taught this necessary piece of knowledge. But very seldom, as matters are managed at present, have they such deception to plead for their choice. Is it possible that they can be ignorant in what manner young ladies are educated at our boarding-schools? and do they not see in what manner they are too frequently attended to when their education is finished? The great object is to "bring the young lady "out," to show the accomplishments obtained at the boarding-school, or, in other words, to exhibit her as a show. I most willingly acknowledge, that some young ladies so unfortunately brought up, have, from their own good sense, become excellent managers of their families; but is so great a chance, in an affair of such consequence, to be relied on? Mothers have much to answer for; and if they but knew the deep and silent reproaches often bestowed upon them, even by their most dutiful Daughters, they would pass a lamentable censure upon their own conduct. But to quit this unpleasant subject, let me now descend to my culinary system.

"In the present age, the order and figure of a table is pretty well understood as far as regards splendour and parade. But would it not be worth while to improve upon the art, by learning to connect frugality with elegance; to produce a genteel, or however a good appearance, from things of less expense? However difficult, I am sure it is laudable, and deserves to be attempted. This may be depended upon, that most men are highly pleased to observe such economical talents in a young woman; and those talents in one that is married can scarce ever fail to animate the application, excite the generosity, and heighten the confidence of a husband. The contrary discourages and disgusts beyond expression; I mean in a discreet and prudent husband. A young woman who has turned her thoughts to those matters in her father's house, or in any other, where Providence may have disposed of her, and who has been accustomed to acquit herself well in any lesser department committed to her care, will afterwards, when her province is enlarged, slide into the duties of it with readiness and pleasure. The particulars have already passed through her mind. The different scenes as they rise, will not disconcert her. Being acquainted with leading rules, and having had opportunities of applying them, or seeing them applied, her own good sense will dictate the rest, and render that easy and agreeable, which, to a fine lady, would appear strange, perplexing, and irksome."

A celebrated writer, well acquainted with the commercial part of the world, when consulted regarding the choice of a wife for the son of a wealthy merchant, made this reply:

"This bear always in mind, that if she is not
" frugal, if she is not what is called a good
" manager, if she does not prize herself on her
" knowledge of family-affairs, and laying out her
" money to the most advantage; let her be ever
" so sweetly tempered, gracefully made, or
" elegantly accomplished, she is no wife for a
" man in trade. All these, otherwise amiable

" talents, will but open just so many roads to " ruin. Remember your mother, who was so exquisitely versed in this art, that her dress, her " table, and every other particular, appeared " rather splendid than otherwise. Good house- " wifery was the foundation of all."

To conclude. Domestic management being the basis of female education, the superstructure consisting of music, dancing, drawing, historical reading, and polite behaviour, must be considered as secondary objects, and made conformable to the station of life in which Providence has placed the fair one. If in an exalted station, and consequently under an obligation to appear much in public, let her be a complete mistress of the amusements that she will there find; for be assured, that to play well at the card table, is, like a good countenance, a letter of recommendation; while, on the contrary, to display a want of judgment, will generally be considered, by a stranger, as a surrender of understanding.

IGNOTUS.

ADVERTISEMENT.

IGNOTUS would have had great satisfaction in printing this *fourth edition* of CULINA exactly as the last, but having received numerous and unsolicited favours from most respectable amateurs in Cookery, he would have considered himself as ungrateful in the extreme, had he rejected such honourable proofs of public approbation. Whoever looks into the "Forme of Cury," as compiled about 400 years ago, by the master-cooks of Richard the second, will be highly disgusted with the dishes there recorded. Much, therefore, is due to those who have brought forward the culinary manners of the present age, in opposition to the nauseous exhibitions of former times:—*For example;*

DOUCE AME.

TAKE gode Cowe mylke and do it in a pot. take psel, Sawge, ysope, Savoury and oop gode herbes. hewe hem and do hem in the mylke and seeth hem. take capons half yrosted and smyte hem on pecys and do pto pyn and hony clarified. salt it and color it with safron ā sue it forth.

TRANSLATION.

A Delicious Dish.

TAKE good cows milk and put it into a pot. Take parsley, sage, hysop, savoury, and other good herbs. Chop them, and stew them in the milk. Take capons, and after half roasting them, cut them in pieces, and add to them pines, *(unknown, but supposed to be the stone pine kernels)* and honey clarified. Add salt, and after colouring with saffron, serve up.

THE END.

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